



Coach James  
McArdle

# Level 2 Training Guide

## “Gentilissimo”



Cycling coach James McArdle has trained recreational and pro riders and his techniques can be applied to anyone who wants to prepare or improve their fitness for a tour of a lifetime with Italy Bike Tours.\*

### 3 Key things to remember

#### Stretch – Hydrate – Cool down

**Step 1:** Level 2 is when you want to really create a strong base. We want to really focus on sustained and consistent training. Work out every day but the Mondays are just very easy light recovery spins. I can't stress it enough but make sure your listening to your body and if your not feeling it, then don't push it.

**Step 2:** To encourage your base build, we need to work on some higher rep work for strength, this doesn't mean increasing weights just more reps of what you've been doing. With this we want to see your muscle endurance will certainly improve. I **DEFIANTLY** recommend getting a personalised program for your tour. If your not use to long rides with a fair bit of climbing, then not being fully prepared could ruin your tour experience.

**Step 3:** This training level is more focused on actual klms and elevation. So use this as a guideline, you can always add on more if your feeling up to it but don't over do it to the point you wont feel fully recovered the following day. The majority of Italy Bike Tours level 2 rides are all about enjoying the scenery and the company but also experiencing some of the beautiful climbs around the area your in.

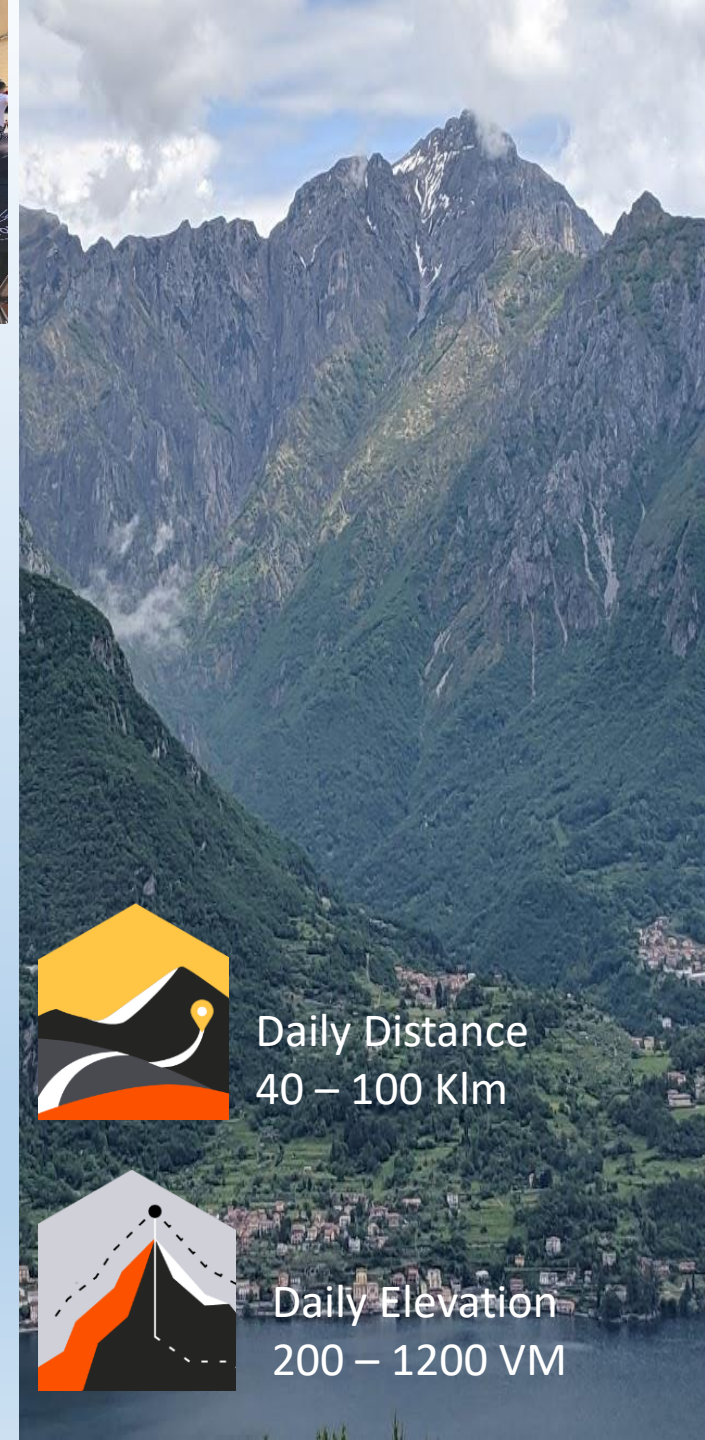
- The training program is only a guide. Consider your own health and abilities when completing any training. Ensure your flexible with your training as well. If you miss a day due to other commitments, don't panic there's always tomorrow.
- Full personalized programs will consist of a lot more detail specifically for you and the tour your going on. The program can be based on Power / Watts, Heart rate or Perceived effort.



Daily Distance  
40 – 100 Klm



Daily Elevation  
200 – 1200 VM







Level 2 Training	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Easy pedal for 60 minutes. It will feel boring and not feel like your doing anything. Trust me, it is.	Ride a bit harder then Monday for 75 minutes. Work up a sweat but able to chat. Home gym work for strength.	Ride for 75 minutes to a point where having a conversation is a bit harder. Finish off with some stretching.	Stretching & Ride. 75 minutes and push to 90 minutes. Every 15 min increase your cadence by 10 rpm for 30 sec. Don't forget to stretch when you finish.	Lets introduce some resistance. Ride for 60 minutes. Every 5 min drop into a harder gear for 1 min and aim for 60 rpm. Then back to normal	Aim for 90-120 minutes and make sure you include some climbs. Target around 500-750 vertical metres of climbing.	We still want a long ride today but it can be flat and turn it into a café ride. Aim for 120-150 minutes. Enjoy it!
Week 1	Ride Easy	Ride & Strength	Ride & Stretch	Ride & Strength	Ride	Longer ride & climbing	Long Café ride
Week 2	Ride Easy	Ride & Strength	Ride & Stretch	Ride & Strength	Ride	Longer ride & climbing	Long Café ride
Week 3	Ride Easy	Ride & Strength	Ride & Stretch	Ride & Strength	Ride	Longer ride & climbing increase to 150 – 180 mins and 1000-1250 vm	Longer ride increase to 180 -240 mins and 750-1000 vm
Week 4	Ride Easy	Ride & Strength	Ride & Stretch	Ride & Strength	Ride	Longer ride & climbing increase to 150 – 180 mins and 1000-1250 vm	Longer ride increase to 180-240 mins and 750–1000 vm