

## Tips and Training Program for the Tour

Kinatex Sports Physio's Clinique Vélo Physio offers tricks and tips to help you prepare for the Tour CIBC Charles Bruneau. This training program is geared to beginner and intermediate cyclists who have taken part in bicycle tours in recent years, but want to bring more structure to their preparation. The program doesn't replace the personalized services of a kinesiologist or a certified instructor, but it will give you a solid foundation in advance of the Tour. If regular physical activity is new for you, speak to your physician about your cardiovascular and metabolic health and get the green light ahead of time. Happy training!

### Training guidelines

- **Follow a training progression schedule in the weeks leading up to the Tour.** Shorter, less intense workouts are advised in the first few weeks, followed by a gradual increase in the number of kilometres and the training intensity as the Tour draws closer.
- **Am I properly positioned on my bicycle?** As you embark upon your preparation, take the first few outings to make sure that you're properly positioned on the bicycle. Do you feel any discomfort or pain when cycling? If so, make the necessary adjustments before you increase the number of kilometres and your training intensity.
- **Make your training specific to your objective.** Regardless of the duration of your challenge or the distance that you cover, it's essential to prepare accordingly and to cover similar distances during your preparation. Longer outings will prepare your body to meet higher training volume objectives. Completing two longer training sessions on consecutive days (e.g., on the second weekend preceding the Tour) to simulate the efforts required to meet your objective, or close to it, may be useful.
- **Training in the rain or the heat.** There is no way to predict what the weather conditions will be during the Tour, unfortunately. It could rain, just as the temperature could soar to over 30°C. Make sure you complete a few outings on rainy or very hot days to ensure that your body and your equipment are prepared for any kind of weather and to avoid any unpleasant surprises on the day of the Tour. Safety is paramount. Be sure not to exceed your limitations if you're training in less-than-ideal weather conditions.
- **Volume or intensity, but not both at the same time at the outset.** It's important to shorten the duration of more intense workouts to avoid fatigue. Conversely, it's just as important to moderate the intensity of longer outings, by starting with a comfortable level of intensity.

- **Don't forget to include recovery periods.** It's important to include rest and recovery days between longer and more intense outings so as to optimize your progress. Incorporate one or two rest days and one shorter and less intense day per week. The three rest days will allow you to re-energize for the demanding training days ahead.
- **Intensity.** In the following program, the training sessions vary in intensity from 0 to 10, with the lowest intensity (zero) corresponding to complete rest and 1 out of 10 corresponding to an extremely light workout. A workout with an intensity of 5 means that you would be able double your training time or the number of kilometres that you cover before reaching your maximum effort level, while a higher intensity of 10 corresponds to an extremely difficult workout. For further guidance, please view the rate of perceived exertion scale, known as the CR100 Borg scale, at the end of this document.

## Warm-up

A proper warm-up is important to prepare your body for any form of cardiovascular training. When it comes to cycling, or to all endurance sports, for that matter, that means starting training at a slow pace and gradually building up your training intensity after about 20 minutes. A 10- to 20-minute warm-up prior to training is often enough to properly prepare the mechanics and physiology of your body. All you need to do is start pedalling at a very slow, low-intensity pace.

## 12-week training program for beginner to intermediate cyclists

	Continuous training			Interval training			Recovery
Week	Number of sessions	Distance/time	Intensity	Number of sessions	Type	Time	Number of rest days
Week 1	4 to 5	Session 1: 80 min. Session 2: 30 min. Session 3: 80 min. Sessions 4 and 5: 30 min.	Sessions 1 and 3: 5/10 Sessions 2, 4 and 5: 4/10	0	-	-	2 to 3 days of rest or other low-intensity cardio training
Week 2	4 to 5	Session 1: 80 min. Session 2: 30 min. Session 3: 80 min. Sessions 4 and 5: 30 min.	Sessions 1 and 3: 5/10 Sessions 2, 4 and 5: 4/10	0	-	-	2 to 3 days of rest or other low-intensity cardio training
Week 3	3 to 4	Session 1: 60 min. Session 3: 110 min. Session 4: 60 to 80 min. Sessions 5 and 6: 60 min.	Session 3: 6/10 Session 4: 5/10 Sessions 2 and 5: 3/10	1	Session 2: <u>40/20</u> training (see Appendix 1 under this table for details)	80 min.	2 to 3 days of rest or other low-intensity cardio training

Week 4	3 to 4	Session 1: 60 min. Session 3: 110 min. Session 4: 60 to 80 min. Sessions 5 and 6: 60 min.	Session 3: 6/10  Session 4: 5/10  Session 1 and 5: 3/10	1	Session 2: <u>40/20</u> training (see Appendix 1 under this table for details)	80 min.	2 to 3 days of rest or other low-intensity cardio training
Week 5	3 to 4	Session 1: 60 min. Session 3: 110 min. Session 4: 60 to 80 min. Session 5: 60 min.	Session 3: 6/10  Session 4: 5/10  Sessions 1 and 5: 3/10	1	Session 2: <u>40/20</u> training (see Appendix 1 under this table for details)	80 min.	2 to 3 days of rest or other low-intensity cardio training
Week 6	3 to 4	Session 1: 60 min. Session 3: 135 min. Session 4: 80 to 110 min. Session 5: 60 min.	Session 3: 7-9/10  Session 4: 6/10  Sessions 1 and 5: 3/10	1	Session 2: <u>15/15 training</u> (see Appendix 1 under this table for details)	110 min.	2 to 3 days of rest or other low-intensity cardio training

Week 7	3 to 4	Session 1: 60 min. Session 3: 135 min. Session 4: 80 to 110 min. Session 5: 60 min.	Session 3: 7-9/10  Session 4: 6/10  Sessions 1 and 5: 3/10	1	Session 2: <u>20/20 training</u> (see Appendix 1 under this table for details)	110 min.	2 to 3 days of rest or other low-intensity cardio training
Week 8	3 to 4	Session 1: 60 min. Session 3: 135 min. Session 4: 80 to 110 min. Session 5: 60 min.	Session 3: 7-9/10  Session 4: 6/10  Sessions 1 and 5: 3/10	1	Session 2: <u>15/15 training</u> (see Appendix 1 under this table for details)	110 min.	2 to 3 days of rest or other low-intensity cardio training
Week 9	3 to 4	Session 1: 60 min. Session 3: 135 min. Session 4: 80 to 110 min. Session 5: 60 min.	Session 3: 7-9/10  Session 4: 6/10  Sessions 1 and 5: 3/10	1	Session 2: <u>20/20 training</u> (see Appendix 1 under this table for details)	110 min.	2 to 3 days of rest or other low-intensity cardio training

Week 10	2 to 3	Session 2: 125 to 190 min.  Session 4: 80 to 110 min.  Sessions 5 and 6: 60 min.	Session 2: 9/10  Session 4: 5/10  Sessions 5 and 6: 3/10	2	Session 1: <u>15/30 training</u> (see Appendix 1 under this table for details)  Session 3: <u>2:30 training</u> (see Appendix 1 under this table for details)	Session 1: 80 min.  Session 2: 110 min.	1 to 2 days of rest or other low-intensity cardio training
Week 11	2 to 3	Session 2: 125 to 190 min.  Session 4: 80 to 110 min.  Sessions 5 and 6: 60 min.	Session 2: 9/10  Session 4: 5/10  Sessions 5 and 6: 3/10	2	Session 1: <u>15/30 training</u> (see Appendix 1 under this table for details)  Session 3: <u>2:30 training</u> (see Appendix 1 under this table for details)	Session 1: 80 min.  Session 2: 110 min.	1 to 2 days of rest or other low-intensity cardio training
<b>Tour CIBC Charles-Bruneau</b>	2 to 3	Sessions 1 to 3: 45 to 75 min.	3-5/10	0	<b>Tour CIBC Charles-Bruneau</b>		1 to 2 days of rest or other low-intensity cardio training

### Example of a typical week with four sessions:

Monday: Rest

Tuesday: Session 1, continuous training

Wednesday: Rest

Thursday: Session 2, interval training

Friday: Rest

Saturday: Session 3, continuous training

Sunday: Session 4, continuous training

**Example of a typical week with five sessions and one interval training session:**

Tuesday: Rest

Tuesday: Session 2, continuous training

Wednesday: Session 1, interval training

Thursday: Session 3, continuous training

Friday: Rest

Saturday: Session 4, continuous training

Sunday: Session 5, continuous training

**Example of a typical week with five sessions and two interval training sessions:**

Monday: Rest

Tuesday: Session 1, interval training

Wednesday: Session 2, continuous training

Thursday: Session 3, interval training

Friday: Rest

Saturday: Session 4, continuous training

Sunday: Session 5, continuous training

The program below is a general program that will help you meet your objective of completing the Tour Charles-Bruneau. However, it does not take into account the specifics of each person. Since this program features a significant training load, it's important to listen to your body, if you feel any pain that does not seem normal, and to consult a professional if needed. This Tour presents a considerable challenge and an opportunity to further develop your passion for cycling or develop a new passion for the sport.

Kinatex clinics wish you an excellent preparation and a great Tour Charles-Bruneau!

## Appendix 1

Detailed interval sessions:

The intensity levels shown in parentheses in the following descriptions.

### 40/20 training:

10 to 15 minutes of warm-up (3-4/10)  
3 repetitions of the following series: [40 seconds (7/10) - 20 seconds (2/10)]  
5 minutes of recovery (3/10)  
3 repetitions of the following series: [40 seconds (7/10) - 20 seconds (2/10)]  
5 minutes of recovery (3/10)  
3 repetitions of the following series: [40 seconds (7/10) - 20 seconds (2/10)]  
10 to 15 minutes of rest (3/10)

### 15/15 training:

10 to 15 minutes of warm-up (3-4/10)  
10 repetitions of the following series: [15 seconds (7-9/10) - 15 seconds (3/10)]  
5 minutes de recovery (3/10)  
10 repetitions of the following series: [15 seconds (7-9/10) - 15 seconds (3/10)]  
5 minutes of recovery (3/10)  
10 repetitions of the following series: [15 seconds (7-9/10) - 15 seconds (3/10)]  
10 to 15 minutes of rest (3/10)

### 20/20 training:

10 to 15 minutes of warm-up (3-4/10)  
10 repetitions of the following series: [20 seconds (7-9/10) - 20 seconds (3/10)]  
5 minutes of recovery (3/10)  
10 repetitions of the following series: [20 seconds (7-9/10) - 20 seconds (3/10)]  
5 minutes of recovery (3/10)  
10 repetitions of the following series: [20 seconds (7-9/10) - 20 seconds (3/10)]  
10 to 15 minutes of rest (3/10)



15/30 training:

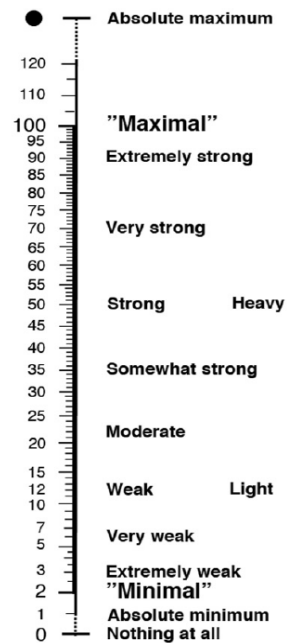
10 to 15 minutes of warm-up (3-4/10)  
10 repetitions of the following series: [15 seconds (9/10) - 30 seconds (3/10)]  
5 minutes of recovery (3/10)  
10 repetitions of the following series: [15 seconds (9/10) - 30 seconds (3/10)]  
5 minutes of recovery (3/10)  
10 repetitions of the following series: [15 seconds (9/10) - 30 seconds (3/10)]  
10 to 15 minutes of rest (3/10)

2:30 training:

10 to 15 minutes of warm-up (3-4/10)  
5 repetitions [2:30 minutes (9/10) - 2 minutes (3/10)]  
5 minutes of recovery (3/10)  
5 repetitions [2:30 minutes (9/10) - 2 minutes (3/10)]  
5 minutes of recovery (3/10)  
5 repetitions [2:30 minutes (9/10) - 2 minutes (3/10)]  
10 to 15 minutes of rest (3/10)

**Appendix 2:**

CR100 Borg scale



Borg CR100 Scale® (Borg CR Scale® CR100)  
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English

## References:

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Borg, E. (2007). On Perceived Exertion and its Measurement. (Doctor degree thesis), Stockholm University, Stockholm, Sweden.