



# TRAINING GUIDE – MEDIUM GROUP

- Get Comfortable**  
On weekends, spend a few hours riding diverse terrain. Join a cycling club or recruit fellow weekend warriors.
- Stay Flexible**  
Recovery is key, so allow for rest after big rides (or whenever your body needs it). Feeling motivated? Add a spin class!
- Ramp Up**  
Increase distance and incorporate more hills and climbs in your weekly rides. Shoot to add 10% to your totals each week.

## Lifestyle Hacks


Even small tweaks can benefit your body and mind and advance your training goals. These easy-to-implement “microbursts” gradually improve your resilience and endurance. Don’t stop at these suggestions—there are many ways to actively engage your body throughout the day.

At Home:	At Work:	On your Commute:
<p><b>Walk more:</b> take a daily after-dinner stroll, walk to errands, or park farther away. Tilt your pelvis forward while walking and engage your glutes with each stride.</p> <p>While shopping, carry a basket instead of pushing a cart whenever possible. Keep training aids throughout your house (weights by the stairs or a doorframe pull-up bar) and do a few reps whenever you pass by.</p>	<p>Replace your chair with a yoga ball to engage your core.</p> <p>Take the stairs. Stand during coffee breaks. Tilt your pelvis forward while standing and focus on centering your body weight.</p>	<p>Commute by bike whenever possible.</p> <p>In the car or on a train, crunch your abs while seated.</p> <p>Instead of leaning against the seat back, straighten your spine, lift your head and heart, and support your body with your core.</p>

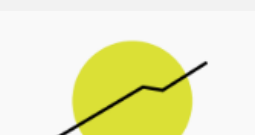
## Go Easy on Yourself!

All training plans have easier days or weeks, so take 1-2 rest days/week from your lifestyle hacks, too! Most importantly, have fun and find ways to enjoy your training—it should never feel stressful. Remember: you’re getting ready for a holiday!  
 \*This training guide is a suggestion only. Please consider your own ability and limitations when beginning this plan.

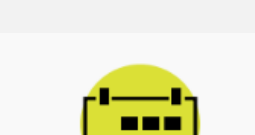
### Medium Group Tour Averages



70-95 km per day



400 – 825 meters  
Daily Elevation



6 weeks – 8 weeks  
Time to Prepare



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>Spend 3-4 hours on the bike—try riding with friends and include a café break so you'll be ready for the coffee stops on tour!</p> <p><b>Intensity Chat-o-Meter</b> If you can easily keep up a conversation while breaking a sweat, you're in good shape!</p>	<p>Bike, join a spin class, or do a cardio session for an hour. The goal is to increase energy and endurance.</p> <p><b>Intensity Chat-o-Meter</b> If you can easily keep up a conversation while breaking a sweat, you're in good shape!</p>	<p>Stretching helps prevent injury. Take a yoga class or use a foam roller to improve flexibility.</p>	<p>Strength training can be focused on your legs or core—you'll need these muscles to ride uphill. Start with your own body weight before adding weights.</p> <p>Work with a trainer to develop a circuit designed for your fitness level, experience, and injuries or sensitivities.</p>	<p>After a spin class or bike ride, treat yourself to some well-deserved wine. Browse our tours and get inspired to set your next goal.</p>	<p>Take a rest day to get motivated for the week ahead.</p>	<p>Find hilly terrain in your area and ride there for at least 2-3 hours.</p> <p><b>Intensity Chat-o-Meter Talking</b> should be easy on flats and downhills. On climbs, your conversation will include heavier breaths and a few grunts towards the crest!</p>
<b>Week 1</b>	LONG RIDE	BIKE/CARDIO	STRETCH	STRENGTH	SPIN	REST	HILLS
<b>Week 2</b>	LONG RIDE	BIKE/CARDIO	STRETCH	STRENGTH	SPIN	REST	HILLS
<b>Week 3</b>	2-HOUR SHORT RIDE	BIKE/CARDIO	STRETCH	STRENGTH	SPIN	REST	HILLS
<b>Week 4</b>	LONG RIDE	BIKE/CARDIO	STRETCH	STRENGTH	SPIN	REST	HILLS
<b>Week 5</b>	LONG RIDE	BIKE/CARDIO	STRETCH	STRENGTH	SPIN	REST	HILLS
<b>Week 6</b>	LONG RIDE	BIKE/CARDIO	STRETCH	TRAVEL TO 25000SPINS TOUR	START YOUR TOUR	REST	HILLS