



## TRAINING GUIDE – SOCIAL GROUP

### Get Comfortable

Planning to clip in on tour? Wear your cycling shoes to train so they feel familiar.

### Stay Flexible

Riding outdoors is preferable, but sometimes a stationary bike or indoor trainer is the only option—whatever works!

### Ramp Up

After your first week, increase distance and incorporate more hills and climbs in your rides.

### Social Group Tour Averages



60-80 km per day



300 – 500 meters  
Daily Elevation



6 weeks – 8 weeks  
Time to Prepare

### 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:

Walk more: 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.

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.

#### At Work:

Replace your chair with a yoga ball to engage your core.

Take the stairs. Stand during coffee breaks. Tilt your pelvis forward while standing and focus on centering your body weight.

#### On your Commute:

Commute by bike whenever possible.

In the car or on a train, crunch your abs while seated.

Instead of leaning against the seat back, straighten your spine, lift your head and heart, and support your body with your core.

### 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.



**MONDAY**

Spend at least 2 hours on the bike—try riding with friends and include a café break so you’ll be ready for the coffee stops on tour! Intensity Chat-o-Meter If you can easily keep up a conversation while breaking a sweat, you’re in good shape!

**TUESDAY**

Bike, join a spin class, or do a cardio session for an hour. The goal is to increase energy and endurance. Intensity Chat-o-Meter If you can easily keep up a conversation while breaking a sweat, you’re in good shape!

**WEDNESDAY**

Stretching helps prevent injury. Take a yoga class or use a foam roller to improve flexibility.

**THURSDAY**

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. Work with a trainer to develop a circuit designed for your fitness level, experience, and injuries or sensitivities.

**FRIDAY**

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.

**SATURDAY**

Take a rest day to get motivated for the week ahead.

**SUNDAY**

Find hilly terrain in your area and ride there for at least 2 hours. Intensity Chat-o-Meter Talking should be easy on flats and downhills. On climbs, your conversation will include heavier breaths and a few grunts towards the crest!

<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>	LONG 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