



Haute Route & GranFondo
Coaching Camp, La Clusaz
14 – 21 June 2020



Welcome!

The Alpine Cols difference:

- *A real expertise and focus on one-on-one coaching for performance.*
- *Intimate knowledge of the best climbs in the Alps.*
- *Excellent hotels, fantastic food and 5* service!*

Marvin, Emmanuelle, Olivier and Stéphane are looking forward to a wonderful week's cycling with you, having fun while we learn and train together.

The camp includes rides, workshops and one-on-one coaching sessions to help you improve your performance. There are some long rides, but always with a strong focus on technique, such as descending or pacing for GranFondos or multi-stage events like the Haute Route.

The off-the-bike activities give you key points to focus on the following day as well as during the later build-up to your key events. There will also be daily massages available to help recovery during the camp.

From convivial buffet breakfasts to relaxed diners in the cosy dining room, via picnic lunches and the "cake of the day" French gastronomy takes pride of place and the meals are a real highlight of the day.

Our goal is that you have a wonderful time and leave us fitter, but also more efficient, with better technique and with a clear picture of what you need to work on in the coming months.

More than that, we hope you become friends who will come back again and again - as is already the case for many of you!

Safe rides,

Marvin & Emmanuelle



Marvin

MA, MBA, BC coach



Olivier

PhD, BPJEPS



Silas

BSc, DBS

CYCLING COACHES

Marvin, Olivier, Silas, Stéphane and Yannick are not only highly qualified, experienced cycling coaches but also strong (or very strong!) competitors in their own right.

Olivier is a past winner of the Tour de l'Ain and has placed 10th at the Marmotte; Silas was vice-champion of New Zealand and an international triathlete; Stéphane has placed well at countless Alpine sportives, Yannick has gained several podium places at Elite level and Marvin is often on the podium in his age category.

They love sharing their experience and will work with you to help you reach your potential as a cyclist.



Stéphane

BEESAC



Yannick

MSc, BPJEPS



“The experience with Alpine Cols was excellent. I have done several cycling camps, and I must say this one was close to perfection.”

- Stephanie, Paris



Is this coaching camp for you?

YES: if you want to **learn to cycle faster**, especially for events like the **Haute Route**, the **Marmotte** or the **Etape du Tour**.

YES: if you want to **make friends** and **have fun** with **other like-minded people**.

YES: if you want to **cycle the iconic climbs of the northern Alps**.

NO: *if you are essentially a leisure rider with no particular interest in riding faster.*

NO: *if you prefer the lifestyle associated with large tourist hotels and easy access to bars, nightclubs etc.*

Coaching Camp Highlights

On the bike

- The goal of this camp is to help you become a faster and more skilful cyclist. The GranFondo at the end of the week is a great opportunity to put it all together. The week is excellent preparation for the Haute Route.
- During the week we suggest limiting the intensity. The pace is Endurance, Zone 2. Different groups will form so that you ride with people at your own level.
- You may however ride harder if you wish, and the coaches will help you define your own training camp objectives and daily pace.
- The coach to rider ratio is 1:5 or better, ensuring that you will have plenty of one-on-one coaching.
- There is a strong focus on technique with plentiful use of video for analysis and feedback.

Off the bike

- Recovery is the first priority, with a post-ride buffet lunch back at the hotel followed by optional stretching sessions, massage and/or use of electro-stimulation.
- Daily debrief with a coach looking at your ride file and power data.
- Evening sessions on:
 - Climbing powerfully and efficiently
 - Descending fast and safely
 - Using power meter data to improve your performance
 - Training for your target event
 - Eating and drinking for performance
 - Competing at the GranFondo
- Time to relax in an authentic alpine village. Enjoy a coffee and pastry in one of the numerous local cafés.

GRANFONDO COACHING CAMP

ON-THE-BIKE PROGRAMME JUNE 14th – JUNE 21ST 2020

Date	Alpine Cols programme	Timings		Major climbs	Distance / vertical
Sun June 14	Arrive in Geneva; pick-up and transfer to La Clusaz Set up bikes; briefing for the week & getting to know each other	14h30	Pick-up from Geneva airport (tbc)	-	-
Mon June 15	Tour de la Tournette	9h 15h	Depart La Clusaz (on the bike) Return to La Clusaz	Col de la Forclaz Col de l'Epine Col de la Croix-Fry	91km / 2,300m
Tue June 16	Plateau des Glières	9h 14h	Depart La Clusaz (on the bike) Return to La Clusaz	Col des Glières Col des Fleuries	77km / 1,750m
Wed June 17	Descending Clinic and Time Trial	9h 13h	Depart La Clusaz (on the bike) Return to La Clusaz	Col de la Croix-Fry Col du Plan Bois (option)	50km / 1,600m 68km / 2,300m
Thu June 18	Tour des Aravis	9h 15h	Depart La Clusaz (on the bike) Return to La Clusaz	Col des Aravis (N) Col de la Colombière (E)	97km / 2,350m
Fri June 19	Tour du Mont Charvin	9h 15h	Depart La Clusaz (on the bike) Return to La Clusaz	Col du Marais Col de l'Arpettaz Col des Aravis (S)	99km / 2,450m
Sat June 20	Departure; transfer to the airport, or Ride to Morzine via the Colombière (Option: add the Col de Joux Plane)	9h 12h	Depart La Clusaz (on the bike) Arrive in Morzine	Col de la Colombière (W) Col de Joux Plane	71km / 880m
Sun June 21	MORZINE HAUT CHABLAIS SPORTIVE	8h 12h-15h 17h	Race starts Return to Morzine Depart to the airport	Col de Joux Verte Col du Corbier Col de Joux Plane	M: 100km/2,200m L: 155km/3,800m

570 km - 650 km | 13,100m – 16,500m | 15 major climbs

OPTION: extra night in Morzine; transfer to the airport on Monday June 22nd.

Please note the programme is necessarily subject to change based on road and weather conditions. You can always do less than the planned distance.



Col de la Colombière



Alpine Cols training camp, 2014



How fast are the rides?

You may be asking yourself, “*will I be able to keep up with these guys?*” This is a perfectly normal question: nobody wants to be left behind or to feel they are always holding the group back!

The answer is that *so long as you are comfortable riding for 5 hours a day*, you will be fine. The average age of our guests is ~45, with many in their 50’s. About 20% are women.

We use a number of techniques to support riders of different levels:

- The group of ~10 riders typically splits into two or three smaller groups by level.
- Each group is supported by a coach at all times.
- The faster riders will often ride extra distance or do more climbing.
- The faster riders may start later.

Rest assured that we have long experience of supporting mixed groups in the mountains. We treat everybody the same way, regardless of whether you are the fastest or the slowest.

Everybody rides at their own pace, and we judge the timings so that the group is always well supported.

If you have any concerns about your ability to fit in, please contact Marvin at info@alpinecols.com



Sunday

You will be picked up at Geneva airport and taken to the Hotel Beauregard in La Clusaz.

La Clusaz is 69 km from the airport and the transfer will take around 1 hour and 15 minutes.

There will be only one transfer, but we can organise a taxi if you arrive at a different time.

The camp begins with a welcome drink and briefing at 18:30, followed by dinner with the coaches and other riders.

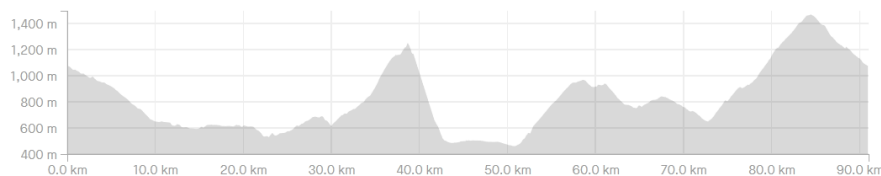
Monday

Distance: 91 km

Elevation: 2,300m+

Ride time: 5-6 hours

Focus: **Core skills**



We begin the week with a classic local ride, the Tour de la Tournette, during which the coaches observe your **basic bike-handling, cornering and climbing skills**.

After descending to Thônes we take a very quiet road to the (easy) col de Bluffy, before continuing to the spectacular col de la Forclaz. From here there are stunning views across Lake Annecy and the Massif des Bauges.

We descend all the way to the valley floor and a few km of flat before the charming col de l'Épine.

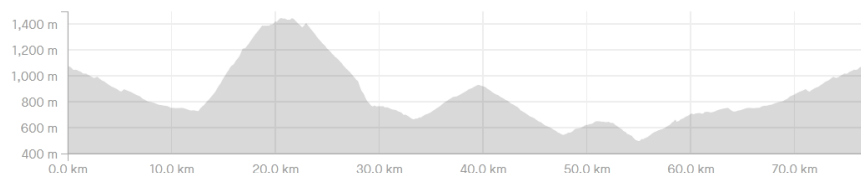
The return to La Clusaz is via the col de la Croix-Fry. Less than 12km, this is nevertheless a tough climb that must be treated with respect. Throughout the ride, we pay close attention to your pacing to ensure you stay at the right level for a long endurance ride.





Tuesday

Distance: 77 km **Elevation:** 1,750m+
Ride time: 4-5 hours **Focus:** **Climbing**



Today we begin with the short but steep climb to the Plateau de Glières, first used by the Tour de France in 2018. There's a short gravel section over the top before a long descent.

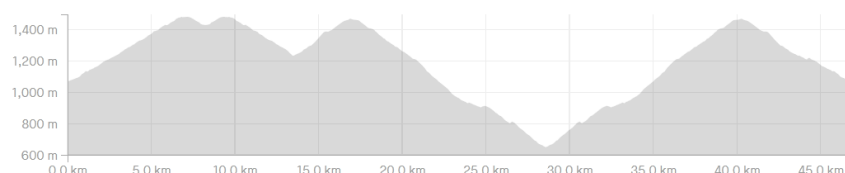
The coaching focus is on climbing technique and pacing. We look at your **seated pedalling technique** and how it varies between the moderate and steep pitches, and we look at your **standing technique** to help you "dance" on the pedals like a pro.

The second climb, to the col des Fleuries, is much easier and will allow us to contrast climbing techniques between climbs of different gradients.

We return to La Clusaz up the beautiful Gorges du Borne, in time for one of the Beaugard's excellent buffet lunches.

Wednesday

Distance: 50 km **Elevation:** 1,600m+
Ride time: 5-6 hours **Focus:** **Descending**



Descending is a crucial skill to master if you are going to ride in the mountains. Our goal today is to help you make a big improvement in your ability to **descend confidently**.

We begin by warming up on the 6 km climb to the col des Aravis., where we organise a descending clinic. Each rider has the opportunity to descend multiple times with a coach and to be videoed multiple times. This enables us to provide **immediate feedback**, and the video allows you to observe your own technique.

We then back-track to the col de la Croix-Fry and let you loose for an uphill time trial, finishing with a well-earned coffee at the summit café.

From there, it is a short descent home for lunch!



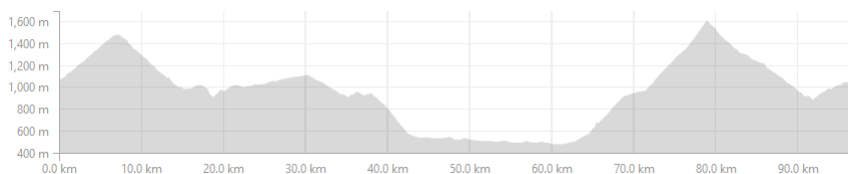
Col des Glières





Thursday

Distance: 97 km **Elevation:** 2,350m+
Ride time: 5-6 hours **Focus:** **Pacing**



This is a highlight of the week: the Tour des Aravis, including the mighty Colombière, from the tough side of course!

The ride begins by the climb to the col des Aravis and the descent to Flumet, where we turn left and go through the famous ski-station of Megève.

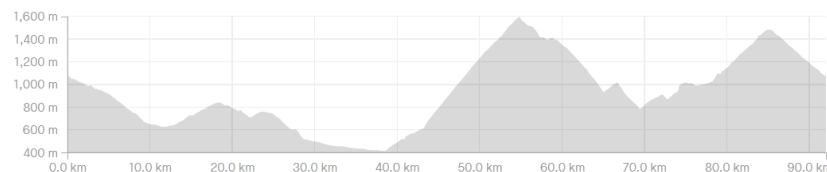
Descending from Megève we enjoy stunning views of Mont Blanc before the flat ride out along the valley floor to Cluses, where we will regroup and refuel before tackling the Colombière.

The climb is 16 km long, rising 1,100m. There's an easy bit in the middle at Reposoir, and the hardest bit is at the end. Your reward is a delicious blueberry tart in the summit café!

There's a tough option for the brave: add the col de Romme!

Friday

Distance: 92 km **Elevation:** 2,450m+
Ride time: 6-7 hours **Focus:** **Group Riding**



Another stunning ride, the Tour du Mont Charvin takes us first down to Thônes, over the col du Marais and along the valley to Ugine.

From here we climb the remarkable col de l'Arpettaz, with its 49 hairpin bends, many in a shady beech forest before reaching the high alpine pastures. There's a refuge on top for a café before the precipitous descent to the balcony road to Flumet.

We finish the ride by coming back over the col des Aravis from the south side, to close the loop on an exceptional circuit.



Col de la Colombière



“It was so clear you were prepared to do "whatever it takes" with a smile on your face to make our experience special. Felt like I was on a tour team!!!”

- Scott, Ontario



Saturday

Distance: 69 km **Elevation:** 1000m+
Ride time: 3 hours **Focus:** **Active Recovery**



Departure day (if not staying for the GranFondo); or:

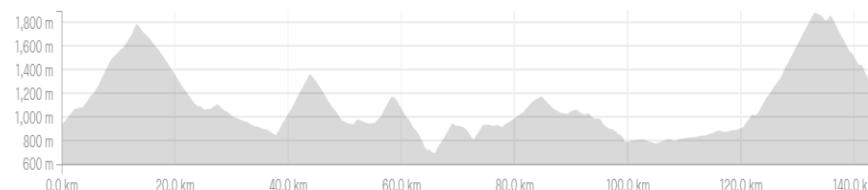
Transfer to Morzine. Most people will want to treat this as a recovery day and ride to Morzine by the easiest route. There are however multiple options to make this ride much harder, if you so wish!

The simple route is to ride down the Gorge du Borne and then part way back up the Arve valley before turning off on a relatively easy climb to Morzine.

We should be there for an early lunch and have plenty of time to visit the race village and the town of Morzine during the afternoon.

Sunday

Distance: 145 km **Elevation:** 3,600m+
Ride time: 6-7 hours **Focus:** **Race!**



MORZINE HAUT CHABLAIS GRANFONDO

Much more relaxed than the better-known Etape du Tour, this is a great introduction to sportives in the mountains, and a chance to **put into practice all that you have worked on during the week.**

There are three choices of distance, ranging from accessible to tough.

The start is at 8am and you should finish by 3-4pm at the latest, giving you time for a shower, pack the bike and transfer to the airport for an evening flight.

GRANFONDO COACHING CAMP

OFF-THE-BIKE PROGRAMME 14 – 21 June 2020

Date	Time	Recovery programme	Time	Coach's Corner evening sessions
Sun Jun 14			18h30	Intro, core skills and pacing
Mon Jun 15	16h00 – 18h30	Spa, Compex, massage	18h30	Pacing, climbing, pedalling technique
Tue Jun 16	15h00 – 18h30	Spa, Compex, massage	18h30	Descending: fast and safe
Wed Jun 17	14h00 – 18h30	Spa, Compex, massage	18h30	Riding with power
Thu Jun 18	16h00 – 18h30	Spa, Compex, massage	18h30	Long term performance improvement
Fri Jun 19	16h00 – 18h30	Spa, Compex, massage	18h30	Nutrition: eat and drink for performance
Sat Jun 20	14h00 – 18h30	Compex, massage	18h30	Briefing, Tips for the GranFondo

Note:

The Coach's Corner evening sessions are led by Alpine Cols coaches.

The massage sessions are by appointment only (expect €30-€40 for 30 minutes).

The Compex electrostimulation devices are available on loan (25 minute sessions)

Recovery

In addition to your usual recovery routines (such as drinking lots of fluids and eating appropriately, stretching gently and getting lots of rest, preferably with your legs raised), we provide* the following aids to recovery:

- **Compression socks and compression shorts.** These work by compressing the large, superficial veins and thus forcing the blood to return through the veins which are much deeper in the muscle. This has a positive impact on the rate of recovery by accelerating the metabolism of the by-products of exercise, the elimination of toxins and the replacement of glycogen in the muscles.
- **Compex Electrostimulation.** This is a medical device that has been adapted for use in sports. It works by stimulating the muscles to contract in a specific pattern, thus enhancing the blood flow. It is effective alone but even more so when combined with compression socks. The 25' session should take place before any massage.
- **Massage and Osteopathy.** These interventions by qualified practitioners can be effective in accelerating blood flow, reducing inflammation, eliminating toxins in muscles and removing adhesions. Osteopathy can also help prevent injuries, correct imbalances and re-establish proper posture.

*Availability

- Compression socks and shorts can be purchased from our shop.
- We have 2 Compex electrostimulation devices available for you to try, as well as others which may be purchased.
- Massage and Osteopathy are available each afternoon on request, at a cost of **€30 per 30min** session. The sessions must be pre-booked.
- Rollers and mats for stretching are available any time.



Coaching

Why would you need a coach? You know how to ride a bike, right?

Put simply, cycling at speed in the mountains is highly technical and we have yet to meet someone who couldn't learn and improve! Besides, if Chris Froome, Mark Cavendish & Co. have coaches, why wouldn't you benefit too?

Here's what you can expect from us:

- **Fully qualified, experienced coaches.** Alpine Cols coaches are all fully qualified and have between 10 and 15 years of active coaching experience. In addition, they are excellent competitors in their own right.
- **Coaching focus.** The key skills for all mountain sportives are **climbing, pacing, descending, nutrition** and **recovery** (for multi-day events). We use a mix of observation, oral feedback on the bike, evening technical sessions, video feedback and written feedback at the end of the camp.
- **Riding with power.** All Alpine Cols coaches ride with power meters and use power in their coaching practice and for their own benefit. We have partnered with **Infocranks®**, the official power meter of the UCI and British Cycling, chosen for its superior accuracy, stability and reliability under all conditions.
- **Up to date.** We constantly update our knowledge and coaching practice in line with new research. For 2020, we have added new material in the areas of Climbing, Pacing, Sub-threshold Endurance, Long Term Performance Improvement, Adaptation, and Mental Skills, any one of which could make a significant difference to your performance!



INFOCRANKS

Verve Cycling's InfoCrank®s are the power meter of choice for British Cycling, chosen for their world-leading accuracy and measurement stability.

They are available for you to **test on a trial-or-return basis during the three months** prior to the camp.



Take the guesswork out of your cycling

Join Verve Cycling's #MyPower programme and find out why all the pros are now using power meters. You'll learn to target your training zones, experience fewer (if any) cramps and improve performance over multiple climbs.

Ideal for GranFondos

Riding at the right intensity for the right period of time is critical both in racing and in training. Only a power meter gives you the data to do this accurately.

Using the meter to dynamically adjust your power output during a long ride in the mountains will help you perform at your best.





The Hotel Beauregard 4*, La Clusaz

We loved the Beauregard at first sight and have brought hundreds of guests here over the past five years.

Built in traditional Alpine wood and stone and tastefully decorated throughout, it is set on a slight rise and nestled in a copse of trees, giving it a secluded and exclusive feel.

The rooms are cosy, luxurious and comfortable. There is a spa with hot tub, sauna and indoor swimming pool.

The staff are lovely people, warm and welcoming, and thoroughly understand the needs of cyclists.

The “Symphonie” restaurant is a real high point, offering excellent food that is great for hungry cyclists.

The chef is very flexible and is always ready to cater to specific needs and requests. He also knows how important it is to start the day with an excellent breakfast!



The hotel is rated “Excellent” (4.5) on TripAdvisor and 88% on Booking.com in over 2000 reviews.

Feedback from our own guests has always been overwhelmingly positive. This is a great place to be on holiday!





PACKAGE PRICES

From **Sun 14 Jun to Sat 20 Jun**

- Twin-share : **€2,150**
- Single supplement: **€300**

From **Sun 14 Jun to Sun 21 Jun, incl. GranFondo**

- Twin-share: **€2,645**
- Single supplement: **€350**

5% "welcome back" discount for returnees

10% discount off second package booked the same year

ADDITIONAL NIGHTS

Please contact us for your personal quote if you would like to stay additional nights in the region.

**BOOK
NOW**

WHAT IS INCLUDED IN YOUR PACKAGE

- Airport transfers (to and from Geneva, at a fixed time only)
- Accommodation and all meals (breakfast, lunch and dinner)
- On-the-bike coaching
- On-the-road support vehicle with free energy drinks and snacks
- Mechanical assistance
- Coach's Corner evening sessions on cycling performance
- Photographs taken during the week (digital copies)
- Entry to the Morzine Haut Chablais GranFondo (7-day package)

WHAT IS NOT INCLUDED

- Travel to/from Geneva
- Hotels in Geneva
- Bicycle hire
- Minibar or drinks at the hotel bar
- Coffee or snacks during café stops
- Massage (optional extra)



Coach Silas, showing how it is done

Practical matters

- **Airport transfers**
 - You will be met at the airport and taken to the hotel. Please make sure we have your flight details and let us know of any changes or delays.
 - We will send you precise details for the pick-up by email. If you don't receive this please call Marvin on +33 6 61 19 11 72.
- **Weather**
 - The normal weather at this time of year is 20°-23°C and mostly sunny.
 - HOWEVER, rain is possible and it may be cooler.
 - It will often be cooler on the summits where the maximum day temperatures are usually between 10° and 15°C.
 - Bring cycling clothes appropriate for temperatures between 5° and 30°C.
- **Shops, currency and language**
 - La Clusaz is a delightful small alpine town with plenty of wooden chalets, cafés, restaurants and small shops. Do not expect to find obscure or esoteric bicycle parts!
 - The currency is the Euro and the language is French.
 - Visa and Mastercard are widely accepted or can be used to withdraw Euros from a bank machine.

Tips before travel

Preparing your bike

- Please get your bike serviced by a qualified mechanic. Tell the mechanic that you will be riding 600km through the mountains so the bike needs a thorough check, including the bottom bracket, the head tube and the wheels as well as the obvious brakes, gears, cables and chain.
- Ride the bike for at least 50km after the service to make sure any stretch in the cables or other kinks are ironed out.
- Make sure you have appropriate gears. We recommend a compact chainset (50/34) and a cassette suitable for steep climbs (e.g. 11/32).
- The bike should have new tyres.

Travelling with your bike

- If you are new to travelling with your bike, give yourself plenty of time to pack it, preferably the day before travel.
- Follow the instructions of the bike box manufacturer carefully.
- Leave the CO2 cylinders at home (the airline won't accept them).
- Include any special tools required to re-assemble your bike.
- If you need help setting up your bike on arrival we will be happy to assist.

Training in the final weeks before the camp

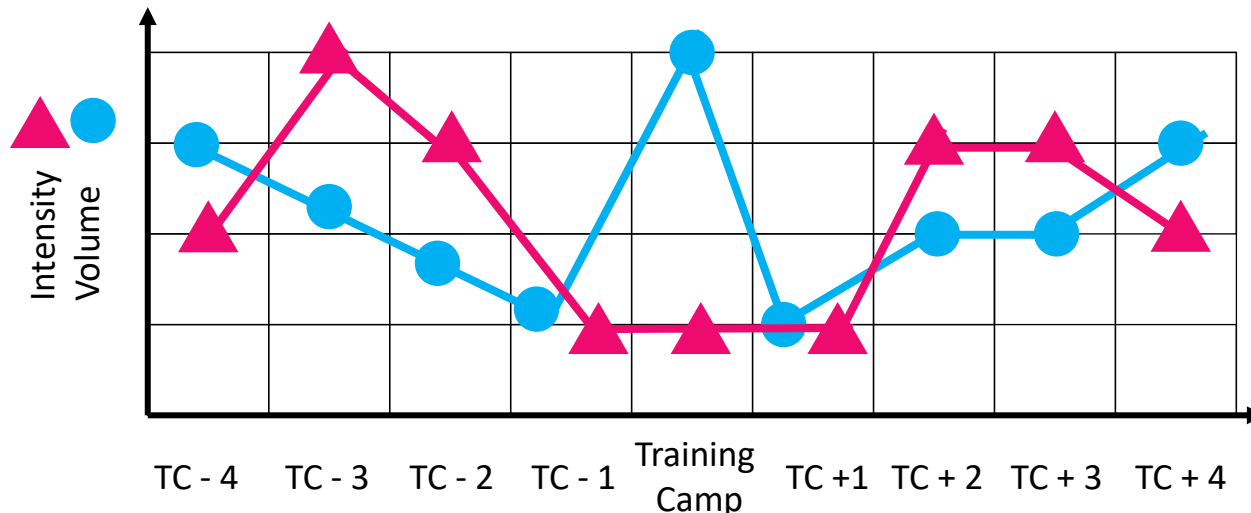
During the training camp you will ride up to 650km and climb up to 17,500m+, over about 30 hours of cycling. For most amateur cyclists this represents a very significant increase in volume over a normal training week. In order to survive the week, the intensity will have to be relatively low: you will be climbing in Zones 2 (Endurance) and 3 (Tempo), very little, if any in Zone 4 (Threshold).

In an ideal world, you will have prepared for this by building both volume and intensity during the three to six months before the camp. These are our suggestions for the final month:

- Reduce the volume and increase the intensity for the first three weeks. In practical terms, this means replacing long rides at tempo/threshold pace by shorter rides including intervals in Z4 (Threshold) and Z5 (Vo2Max).
- Reduce both volume and intensity for the final week, in order to taper and arrive at the camp well rested.
- Make sure you maintain your core strength and flexibility with appropriate off-the-bike exercises.

Once you return home:

- Reduce volume and keep the intensity low for the first week
- Increase the intensity significantly and the volume a little for the next two weeks
- Thereafter, return to your normal training regime.



Suggested interval sessions for TC-3, TC-2:

Zone 4 (Threshold)

2 sets of 4 x [5'Z4 – 2'Z1], 10' between each set

Zone 5 (VO2Max)

3 sets of 5 x [2'Z5 – 3'Z1], 10' between each set

Insurance

Please note that all our clients must have insurance in place in order to cover the cost of assistance and repatriation in the event of accident or illness.

The insurance must provide specific cover for cycling and should cover the following risks:

- medical expenses,
- personal accident,
- personal liability,
- emergency rescue,
- repatriation if you become too ill to travel,
- cancellation or curtailment of your holiday,
- travel delay,
- loss or delay to your baggage,
- loss or theft of personal effects and legal expenses.

If you are based in the UK, we suggest you contact one of the specialist cycling insurance firms.

In addition to this, we strongly advise that all Europeans carry **European Health Insurance Cards (EHIC)**. Your EHIC lets you get state healthcare at a reduced cost or sometimes for free. It will cover you for treatment that is needed to allow you to continue your stay until your planned return.

In the United Kingdom, the EHIC is available free of charge.

Please note that the EHIC is not a substitute for travel insurance as it will not cover mountain rescue, repatriation costs, or losses due to crime or natural disasters.

Suggested Kit List

ITEM	CHECK
Bike (unless hiring)	
Spare tyres & inner tubes (2 each)	
Spare brake pads	
Spare derailleur hanger	
Any special tools or spare parts	
Spare power meter batteries	
Charger for electronic gears	
Heart rate chest strap	
Cycling computer and charger	
Mobile phone and charger	
Cycling helmet	
Water bottles (2)	
Base layer short sleeve	
Base layer long sleeve	
Cycling jerseys short sleeve	
Cycling jerseys long sleeve	
Cycling shorts	
Cycling tights ¾ or long	

ITEM	CHECK
Cycling socks	
Cycling Cap or balaclava	
Cycling Gloves (summer)	
Cycling Gloves (long, waterproof)	
Arm warmers	
Leg warmers	
Warm waterproof jacket	
Lightweight rain jacket	
Windproof jacket	
Cycling sun glasses	
Cycling shoes (with spare cleats)	
Waterproof overshoes	
Chamois cream	
Sun cream	
Swimming costume	
Gym shorts and tee-shirt	
Medical certificate	
Insurance and EHIC Card (E111)	



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