



GranFondo Coaching Camp
Marmotte GranFondo Valais
2nd to 9th August 2020



Welcome!



The Alpine Cols difference:

- *A real expertise and focus on one-on-one coaching for performance.*
- *Charming, "boutique" hotels full of character.*
- *Wonderful meals: not just to refuel, but truly to enjoy!*

Together with guest power expert **Bryan Taylor** (Verve Cycling InfoCrank®), coaches **Olivier** and **Stéphane**, **Marvin** and **Emmanuelle** are looking forward to a wonderful week's cycling with you.

During the week you will enjoy rides, workshops and one-on-one coaching sessions, on and off the bike. In order to keep you fresh for Saturday's GranFondo the rides are relatively short but always with a strong focus on technique.

Riding the **Ultrafondo** (240km, 8200m+), the **Superfondo** (210km, 6700m+) or the **Marmotte Granfondo** (145km, 4750m+) at the end of the week is a great way to immediately put into practice what you have learned. Taken as a whole, the camp provides excellent preparation for the Haute Route Pyrenees or the Haute Route Alps.

Our special guest **Bryan Taylor** is one of the world's foremost power experts. The camp is thus a great opportunity to learn more about the use of power in cycling. Don't worry, however, if you are not interested in power. It is certainly not essential to have your own power meter and we are just as comfortable working with more traditional methods.

Our goal is that you have a wonderful time and leave us fitter, but also more efficient, with better technique and with a great result in the Granfondo. More than that, we hope you become friends who will come back again and again - as is already the case for many of you!

Marvin & Emmanuelle



Col de la Croix de Coeur
Last climb before Verbier
Photo © Sportograf



Is this coaching camp for you?

- YES:** if you want to **learn to cycle faster** in sportives and GranFondos.
- YES:** if you want to **make friends** and **have fun** with **other like-minded people**.
- YES:** if you enjoy the **intimacy of small groups** and **small, unique hotels**.
- NO:** *if you are essentially a leisure rider with no particular interest in riding faster.*
- NO:** *if you prefer large groups and big hotels.*

CAN I
KEEP UP?

BOOK
NOW

Coaching Camp highlights

On the bike

- The GranFondo route is challenging, much of it on narrow roads with poor visibility, sudden changes in slope and technical bends. Local knowledge is thus a big advantage. During the camp you have multiple opportunities to practice on the exact route.
- The pace during the camp is at an easy endurance level, so you maintain as much freshness as possible for the GranFondo.
- Different groups will form so that you ride with people at your own level. You can always ride harder if you wish, and the coaches will help you define your own 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, including during the GranFondo itself.
- 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 great post-ride buffet lunch back at the hotel followed by optional stretching sessions, massage and/or the use of electro-stimulation.
- Daily debrief with a coach looking at your ride file and power data.
- Evening sessions on:
 - Maximising power while climbing
 - 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 (and other mountain sportives)
- Time to relax in wonderful, authentic surroundings. Enjoy a coffee and pastry in one of the local cafés.

Your coaching team



Olivier Dulaurent

Olivier is a professional cycling coach from France, with an impressive palmarès in the most prestigious sportives, such as the Tour de l'Ain (winner in 2009) and the Marmotte (10th in 2010). He has been coaching full-time for over 15 years and writes regularly in the French cycling magazines.

Olivier lives near Compiègne with his wife and son.



Stéphane Jacquin

Stéphane coaches skiing in winter and cycling in summer. A talented cyclist and even more talented coach, he loves sharing his experience and skills with others. He has competed in scores of sportives such as the Etape du Tour and the Haute Route and is always well placed.

Stéphane lives in Courchevel with his wife. They have three daughters.



Marvin Faure

Marvin started cycling 20 years ago after practicing many other sports, including rugby, sailing, snow-boarding and water-skiing. Competitive by nature he has participated in dozens of mountain sportives and GranFondos, placing well in his age category. He is qualified as a coach by British Cycling.

Marvin lives near Geneva with his wife Emmanuelle. Their two children are now at university.



Emmanuelle Faure

Emmanuelle began her sporting career as a swimmer, where she reached national level in France. She began cycling 10 years ago and has often been on the podium at alpine sportives. She won her category at the Haute Route Alps in 2017. She is qualified as a coach by British Cycling.

Emmanuelle lives near Geneva and teaches part time at the Hotel School in Lausanne.



Our special guest **Bryan Taylor** is one of the world's foremost power experts. He works on a daily basis with World Tour and Olympic athletes and their coaches and the development teams at the UCI, British Cycling and other national federations to push the boundaries of training with a power meter.

- All participants are invited* to join the #MyPower program to benefit from the **free use of an InfoCrank®** from May 8th to August 9th (on a purchase or return basis).
- **Take the guesswork out of your riding** with an accurate, reliable measure of your power output.
- **Use your power data** to set accurate training zone boundaries and maximise your training effectiveness.
- **Daily de-brief** on your riding/power at the camp.
- Insights from Bryan on **how Olympic athletes use power** (and especially torque) to train.

* There is absolutely no obligation



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



The Hôtel des Vignes 4*, Sion

The Hôtel des Vignes is the only 4* hotel on the valley floor, and ideally placed for the first part of the week. Not surprisingly, professional teams stay there during the Tour de Romandie, so they are well used to cyclists!

There are beautiful views on all sides, with vineyards to the north, the two châteaux of Sion to the west and mountain views to the south and east. The gardens and terrace afford a wonderfully calm place to relax after a hard ride.

We found the rooms to be excellent. They have recently been renovated and are spacious, comfortable and nicely decorated. Many of them have a balcony overlooking the gardens.

The restaurant provides great food, sourced locally, with plenty of variety and everything a hungry cyclist could ask for.

Last but not least, there's a secure room for the bikes!



The hotel is rated "Fabulous" (88%) on Booking.com in over 350 reviews.

We will spend the second part of the week at a hotel in Verbier (to be confirmed).





The Cordée de Alpes 4*, Verbier

The 4* Cordée des Alpes is rated the best hotel in Verbier (TripAdvisor). A member of the Small Luxury Hotels of the World group, it is beautifully appointed in wood and local stone and has a wonderful warm, comfortable feel.

The rooms are large and luxurious, perfect for a great night's sleep.

There is a delightful spa with an indoor pool, hot-tub and sauna, perfect for soaking away the aches and pains after a day's hard cycling.

The restaurant is very highly rated and you can expect a gourmet experience with all meals designed for hungry cyclists!



The hotel is rated "Superb" (9.0) on Booking.com in over 220 reviews, and "Excellent" (4.5) on TripAdvisor in over 260 reviews.



CYCLING PROGRAMME

Date	Alpine Cols programme	Timings	Logistics	Circuit	Distance / vertical
Sun Aug 2	Arrival day Set up bikes; briefing for the week		Arrive in Geneva ; transfer to Hotel des Vignes 4* , Sion	-	-
Mon Aug 3	Marmotte recce 1/3 Coaching focus: core skills .	9h 15h-16h	Cycle direct from the hotel	Middle part of the GranFondo route, from Sion to Thyon 2000	80 km 2,500m
Tue Aug 4	Wild Switzerland Coaching focus: descending	9h 14h-16h	Cycle direct from the hotel	Col du Sanetsch, col du Pillon OR Vallée de Derborence	61 km 1,500m <i>or</i> 88 km 2,600m
Wed Aug 5	Marmotte recce 2/3 Coaching focus: climbing	9h 14h-15h	Cycle direct from the hotel Finish in Verbier, at the Cordée des Alpes 4*	Final part of the GranFondo route, from Veysonnaz to Verbier via the col de la Croix de Coeur	54 km 2,400 <i>or</i> 61 km 2,600m
Thu Aug 6	Marmotte recce 3/3 Coaching focus: pacing	9h 12h-13h	Cycle direct from the hotel Return to Verbier by minibus	First part of GranFondo route, from le Châble to Sion via the col du Lein	56 km 1,050m
Fri Aug 7	World Championship Course Coaching focus: recovery	10h 13h-14h	Cycle direct from the hotel. Pick up bibs in Martigny then minibus return to Verbier	Along the valley floor to the final circuit of the 2020 World Championship course	43 km 610m
Sat Aug 8	Tour des Stations Choose your route!	tbc	Start from Le Châble (8km descent) Finish in Verbier	Ultrafondo Superfondo Marmotte GranFondo Valais MedioFondo	240 km 8,200m <i>or</i> 210 km 6,700m <i>or</i> 145 km 4,750m <i>or</i> 85 km 2,850m
Sun Aug 9	Departure day	10h	Transfer to the airport	-	-

440 – 565 km | 12,800 – 17,500m+



The Tour des Stations

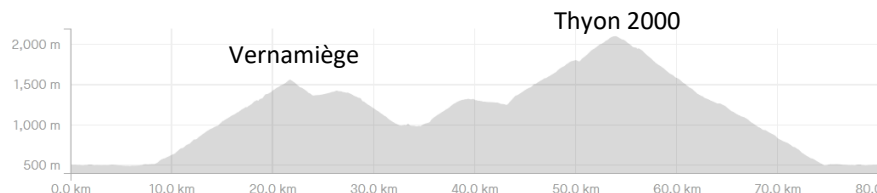
Photo © Sportograf



Photo © Sportograf

Monday

Distance: 80 km **Elevation:** 2,500m+
Ride time: 6-7 hours **Focus:** **Core skills**



We begin the week by pitching you straight into the mid-section of the GranFondo route, from Sion to Thyon 2000 (and then back down to Sion).

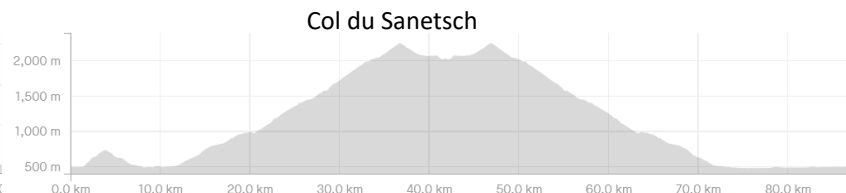
The first part is a 1000m, 13km climb to the **Mayens de Vernamiège** (1,560m). We continue through several lovely mountain villages as we skirt the valley, gradually descending until the low point at Euseigne where we turn back up the next valley. The final climb to **Thyon 2000** (2,100m) is quite tough: 850m over 11km.

During the ride the coaches observe your **basic bike-handling, cornering and descending skills**. We observe and video your pedalling technique, gaining useful data for the week.

Once back on the valley floor the final 5km on the flat are nice and easy to spin out the legs before a late buffet lunch.

Tuesday

Distance: 63 - 88 km **Elevation:** 1,500 or 2,600m+
Ride time: 5-7 hours **Focus:** **Descending**



There are two route options for our “Wild Switzerland” day: both stunning rides, through picture-postcard scenery. The climb to the **Derborence valley** (1,467m) is shorter and easier than the climb to the **col du Sanetsch** (2,252m): we will choose one or the other depending on the group’s ability and preference.

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

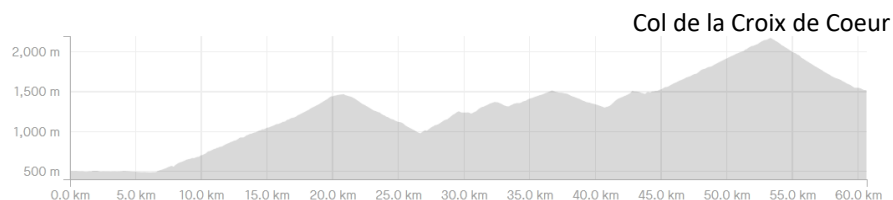
Each rider descends with a coach following close behind, and is videoed multiple times. This enables us to provide **immediate feedback**, and the video allows you to observe your own technique later.



Photo © Sportograf

Wednesday

Distance: 54 – 61 km **Elevation:** 2,400 – 2,600m+
Ride time: 5-6 hours **Focus:** **Climbing**



Today we will ride the final part of the GranFondo, from Veysonnaz to Verbier via the col de la Croix de Coeur (2,174m). We start in Sion and finish at our new hotel in Verbier.

It includes the most technically challenging sections of the route, including a steep gravel section.

The focus is specifically on climbing technique. 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.

We also pay close attention to your pacing to ensure you stay in the right intensity zone for a long endurance ride in the mountains.

Thursday

Distance: 56 km **Elevation:** 1,050m+
Ride time: 3-4 hours **Focus:** **Pacing**



We complete our GranFondo recce with just one big climb, to the Col du Lein (1,658m). This is a beautiful, quiet climb with a short gravel section at the top. Once over the col we will make the precipitous descent to Saxon and then follow the route along the valley floor to Sion.

This is a day where it is important to **get the pacing right**, especially in view of Saturday's GranFondo!

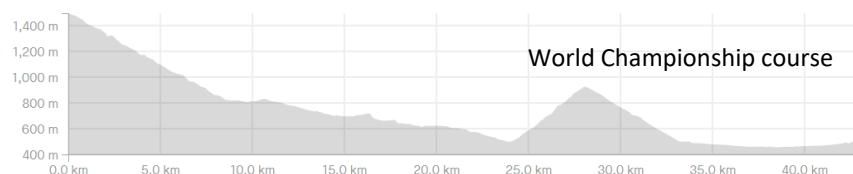
We therefore propose to keep the ride relatively short and return to Verbier by minibus. There are of course a number of options to return on the bike and we will happily accompany anyone who wishes to do this.



Photo © Alpine Cols

Friday

Distance: 43 km **Elevation:** 610m+
Ride time: 2-3 hours **Focus:** **Recovery**



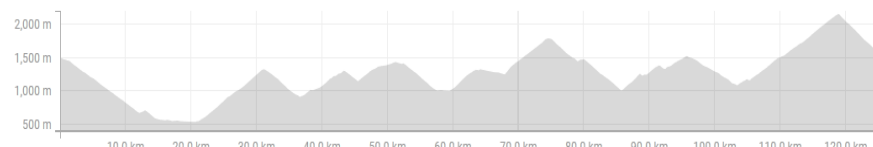
Friday is registration day for the GranFondo in Martigny, and the chance to ride the 2020 World Championship course! We will cycle down from Verbier – giving a final chance to practice descending skills – and then do the short but demanding final loop of the World Championship course.

Once we have done this we will enjoy a coffee and cake or pastries in Martigny before picking up our bibs at the race village.

For the rest of the day, the emphasis is on recovery and getting ready for tomorrow's race.

Saturday

Distance: 145 – 240 km **Elevation:** 4,750 – 8,200m+
Ride time: 7-15 hours **Focus:** **Race!**



ULTRAFONDO, SUPERFONDO OR GRANFONDO!

Today is the day to put it all together. Your primary objective should be to **make the most of the learning experience, putting into practice all that you have worked on during the week.**

The Alpine Cols coaches will participate in the race with you and continue to provide real-time coaching and tips.

Focus on the strategy and tactics you decide with your coach and you should get a great result!



The Tour des Stations

Photo © Sportögraf

GRANFONDO COACHING CAMP

OFF-THE-BIKE PROGRAMME

Date	Time	Recovery programme	One-on-one coaching	Coach's Corner evening seminars
Sun Aug 2				18h30 Intro and core skills (pacing, climbing, pedalling technique, ...)
Mon Aug 3	15h00 – 18h30	Stretching, Compex, massage	By appointment	18h30 Descending: fast and safe!
Tue Aug 4	15h00 – 18h30	Stretching, Compex, massage	By appointment	18h30 Pacing with perceived effort, heart rate or power; training for your target event
Wed Aug 5	15h00 – 18h30	Stretching, Compex, massage	By appointment	18h30 Completing the picture: recovery, adaptation and nutrition
Thu Aug 6	16h00 – 18h30	Stretching, Compex, massage	By appointment	18h30 Use your head: mental skills to ride faster for longer
Fri Aug 7	14h00 – 18h30	Stretching, Compex, massage	By appointment	18h30 Riding the GranFondo: specific tips for race pacing and nutrition
Sat Aug 8		Post-GranFondo beer!		Informal debrief

Note:

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

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



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 the daily distances and especially the elevation you will experience on the camp*, you will be fine. This is not a beginners camp, but neither is it for Elite athletes. 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.

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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 climbs at their own pace, and we judge the timings so that the group comes together whenever required.

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



Photo © Alpine Cols

PACKAGE PRICES

From **Sun 2 August to Sun 9 August**

- Twin-share (superior room): **€2,950**
- Single supplement (standard room): **€350**
- Single supplement (superior room): **€675**

5% “welcome back” discount for returnees

BOOK
NOW

ADDITIONAL NIGHTS

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

WHAT IS INCLUDED IN YOUR PACKAGE

- Airport transfers (to and from Geneva, at a fixed time only)
- Accommodation and meals (breakfast, lunch and dinner)
- Entry to the GranFondo, reconnaissance of the GranFondo route
- On-the-bike coaching
- Use of an **InfoCrank®** power meter, free of charge, from May 9th to Aug 9th.
- On-the-road support vehicle with free energy drinks and snacks
- Mechanical assistance
- Coach’s Corner evening seminars on cycling performance
- Photographs taken during the week (digital copies)

WHAT IS NOT INCLUDED

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

Practical matters

- **Airport transfers**
 - There will be **one** pick-up at Geneva airport on Sunday August 2nd at 3pm (earlier if possible, depending on flight arrival times). The drive to the hotel in Sion takes a bit less than 2 hours.
 - Please make sure we have your flight details and let us know of any changes or delays.
 - The return airport transfer will leave Verbier at 10am and arrive at the airport by 12pm.
- **Weather**
 - The normal weather at this time of year is 19°-25°C, and mostly sunny.
 - HOWEVER, rain is possible and it may be cooler.
 - Bring cycling clothes appropriate for both wet and dry conditions and for temperatures between 7° and 35°C.
- **Shops, currency and language**
 - Sion where the hotel is located is an attractive town with a long history and several medieval buildings still standing, including castles, cathedrals, a monastery, churches and the town hall. There are plenty of shops and supermarkets and several bike shops.
 - Verbier is one of Switzerland's best known ski resorts. It is south-facing, at 1500m altitude and abounds with bars and restaurants. Most of the architecture is wooden chalets.
 - The currency is Swiss Francs. Visa and Mastercard are widely accepted or can be used to withdraw Swiss Francs 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 500km or so 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.
- Make sure you have appropriate gears. We recommend a **compact chainset (50/34)** and a **cassette suitable for steep climbs (preferably 11/32)**.
- The bike should have new puncture-resistant tyres. Many of the roads have a rough, granular surface and sharp flints are common, especially if it has rained recently.
- Ride the bike for at least 50km after the service to make sure any stretch in the cables or other kinks are ironed out.

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.
- Remember to deflate your tyres and leave the CO2 cylinders at home.
- 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.

Insurance

Accident & illness

Please note that you 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.

Please make sure that your cover specifically includes Switzerland.

Cancellation

You should also take out cancellation insurance to cover the cost of your cycling holiday should you be forced to cancel for any reason. Cancellation charges will be applied on the following scale:

- | | |
|---|-----------------------------------|
| – More than 8 weeks prior to your holiday start date: | Deposit only |
| – 4-8 Weeks prior to your holiday start date: | 50% of the total amount invoiced |
| – Less than 4 weeks prior to your holiday start date: | 100% of the total amount invoiced |

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 & charger	
Mobile phone & charger, adaptor	
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	



Photo © Alpine Cols



Alpine Cols SAS

631 chemin du Recredoiz

01220 Divonne-les-Bains, France

Tel (FR): +33 (0)450 200 772

Tel: (UK): +44 (0)1227 647 015

www.alpincols.com