



Ride the Alpe d'Huez

5 tips &
10-week training plan

by TRUEKINETIX

Your
Ultimate
Training
Guide

For fit and experienced cyclists

Do you also want to climb the Alpe d'Huez, Mont Ventoux or the Stelvio? Or have you ridden them before, but want to climb even faster or easier next time? In this training plan you will get 5 tips on how to take on the climb and a full training plan that will prepare you in 10 weeks for the Alpe d'Huez

The training plan is aimed at experienced, fit cyclists that can ride a distance of 35 kilometers (for women) or 40 kilometers (for men) in 90 minutes.

Good luck with the training!



Riding up the mountains with a road bike is the ultimate challenge!

The mountain stages in the grand tours attract many cyclists. Especially if the finish is on top of a hors catégorie climb, as the French call the steepest and longest climbs.

Even more fun is to climb those mountains yourself.

Because climbing a mountain, besides being a physical challenge, is also a mental ordeal. With the reward being the most beautiful views, eternal home fame, and, of course, the descent.

In the remainder of this training plan, you will find five tips for your training on the TrueBike or TrueTrainer with a ten-week training plan. The goal: to get stronger, fitter and maybe even lighter so that you will win the battle with that mountain. Good luck!

Tip 1

Be consistent

Cycling three times a week will give you more benefits than cycling two hours once a week. During a workout, you get tired from which you need to recover. To be prepared for another such effort, your body reacts by super-compensating. The peak of this comes after one to two days and then levels out again. Therefore, the schedule is designed to cycle three times a week, preferably with a rest day between each workout.

Tip 2

Train specifically for climbing

Cycling uphill is different from riding around the flat polders. On long, steady climbs, not only is a lot asked of your legs, but also of your back. You get used to this by regularly riding longer stretches on your TrueBike. The TrueBike moves slightly as you cycle, in keeping with its design to give a lifelike cycling experience.

You'll do most of your climbing while seated, but alternate that by regularly climbing a bit while standing. Not so much to become more efficient, but rather to have a different posture for a while. While standing, you can hollow and arch your back a few times. That helps relax your back.

Tip 3

Lighter equals faster

Gravity is the biggest resistance you have to overcome when cycling uphill. If you follow the training schedule, if all goes well, in the end, you can pedal away more watts with the same effort. In other words, you get more horse power. That's your first gain.

The biggest gain, for the many cyclists who are on the heavy side, is simply getting lighter. After all, uphill it's not your absolute wattage that's going to be the deciding factor, but your wattage per kilogram of body weight. A cyclist who loses two pounds will be 68 seconds faster on the Alpe d'Huez (nearly 14km long and 1100m elevation gain).

The safest way is to track your calorie intake and consumption (the TrueBike indicates this at the end of each workout) and eat 500kCal less than you consume daily. This way you keep your energy throughout the day and can lose half a kilo per week. If you do that for 10 weeks, you will gain at least as much from that as from your conditional progress. To be exact, 5 minutes and 40 seconds. If that's not a reason to lose weight.....



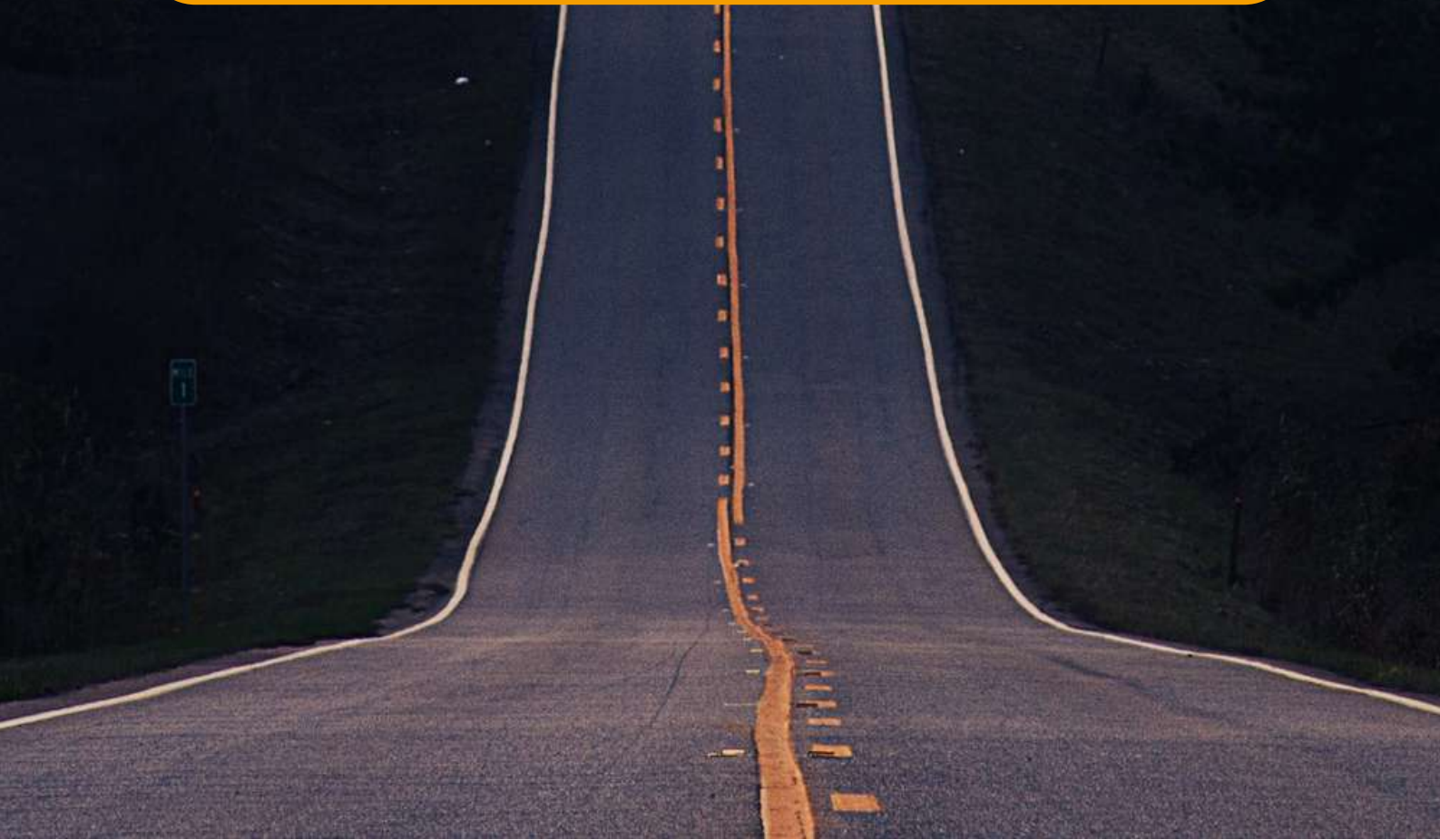
Tip 4

Stay hydrated

Speaking of food, now get tips on nutrition during your workouts. Especially with indoor workouts, you'll break a decent sweat. Therefore, ventilate your training area well, make it as cool as possible, and use a fan.

Even then, most people lose between one and two liters per hour. Therefore, start the workout well-hydrated by drinking half to one liter of water or tea the hour before. Also during the workout continue to drink between half to one liter of fluid per hour. For workouts longer than an hour, you can supplement that with a sports drink with minerals and 40 to 60 grams of carbohydrates per liter. This way you also train to replenish your fluids, minerals, and sugars during exercise.

If you weigh yourself before and after your workout, you will know exactly how much fluid you lost. You replenish the difference after the workout by drinking one and a half times as much as you lost. Do that in 1-2 hours, so gradually.



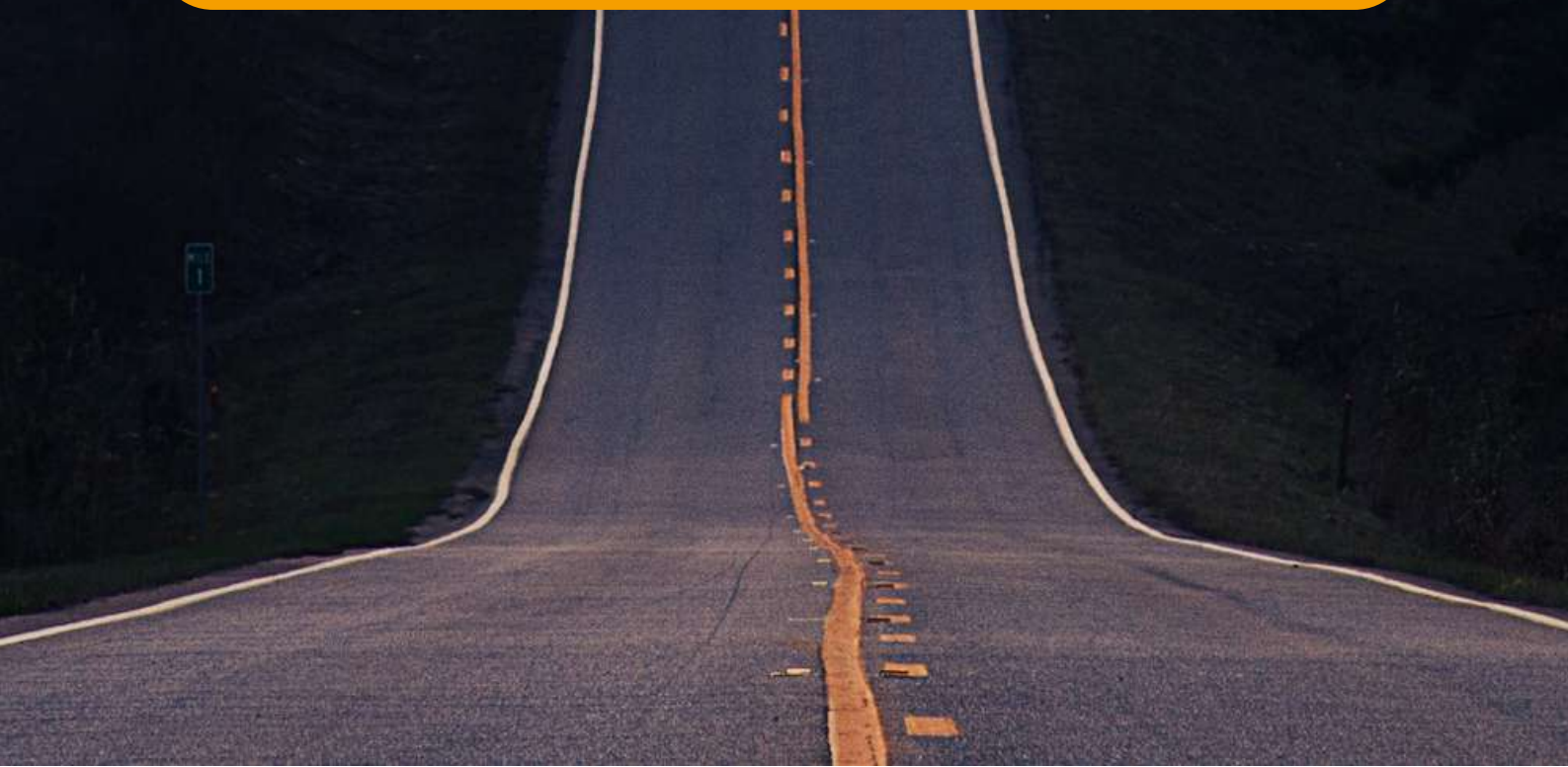
Tip 5

Learn to deal with pain

'Climbing is like having your fingers between the door. The rider who keeps that up the longest wins.' Says cycling commentator and former pro Maarten Ducrot. With this he points to the mental component of uphill cycling. It is at least as important as the physical component.

The question is not whether you will get hurt, but when and how badly. And you are the one in control of that. The easiest way to relieve the pain is to pedal less hard or dismount for a while.

Use your blocks uphill during your indoor training to train your mental state as well. The first tip is to label pain differently. Don't call it pain but discomfort and link it to the desired feeling that comes with pedaling hard up a mountain. The second tip is to distract yourself. You do that by looking around you, and connecting with people around you. This is especially appropriate for real climbing. Inside, you can concentrate on a body part that is not in pain. In my case, my left thumb. Crawl all the way in there in your mind, but stoically keep up the pace and keep riding. Until you reach the top.



Bonus

Train at the right intensity

Training at the right intensity keeps your workouts fun and effective. That's why week 1 of the schedule includes a 2x8-minute test. You use that to determine your FTP. That's short for Functional Threshold Power and is the wattage you can sustain for an hour. The intensity of workouts is given as a percentage of your FTP. The alternative is to train by feel. That's why the schedule includes the Rate of Perceived Exertion (RPE) score that you can use to determine intensity.

Scale	Rate of perceived exertion
10	Maximum Effort Feels almost impossible to sustain the effort. Completely out of breath. Talking is impossible.
9	Very intense Very difficult to sustain the effort. Breathing is difficult. You can speak a few words at most.
7-8	Intense You can just sustain this effort. Breathing is just possible enough. You can utter a sentence, but nothing more.
4-6	Medium intensity You need to concentrate but you can sustain your effort. Your breathing speeds up but you can hold a simple conversation.
2-3	Moderate intensity Feels like you can keep this up for hours. Your breathing is under control and you can hold a conversation just fine.
1	Light intensity You barely exert yourself. Sits between watching television and leisurely walking.



10-week training guide

How to use the training plan

The schedule is set up for three workouts per week. It is not a big deal if you miss a workout. Therefore, for which week we indicate the priority of the workouts. Blue is the most important workout; orange the second workout and yellow the third workout of the week. The schedule builds toward a (virtual) climb you ride in the last week. That can be indoors on your TrueBike anyway, but of course it can also be your favorite climb in the high mountains!

PS:

There is a glossary at the back of this guide!

Week 1

Day 1	Intensity	Day 2	Intensity	Day 3	Intensity
<p>Stand-up-Sit-Down- workout Duration: 40-60min</p> <p>10min warm-up</p> <p>20-40min:</p> <ul style="list-style-type: none"> alternate 4minutes cycling standing on te pedals 1m riding seated <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>FTP-test Duration: 45min</p> <p>15min warm-up</p> <p>20min FTP-test:</p> <ul style="list-style-type: none"> Ride at a constant pace <p>10min cool-down</p> <p>Calculate your FTP: average power ridden throughout the 20min x 0,95</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 8-9 FTP: 105-110%</p> <p>RPE: 2-3 FTP: 50-60%</p> <p>example: 210Watt x 0,95 = 200Watt</p>	<p>Endurance workout Duration: 60-90min</p> <p>10min warm-up</p> <p>40-70min: Add or subtract 10 rpm to your cadence:</p> <ul style="list-style-type: none"> 10min +10rpm 10min regular cadence 10min +10rpm 10min regular cadence 10min -10rpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>

Week 2

Day 1	Intensity	Day 2	Intensity	Day 3	Intensity
<p>Interval workout: Flat & Uphill Duration: 40-70min</p> <p>10min warm-up</p> <p>20-50min :</p> <ul style="list-style-type: none"> 5min riding flat terrain 5 min uphill riding at 6-8% and 70-80 rpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>Flat terrain: RPE: 4-5 FTP: 65-75%</p> <p>Uphill: RPE 7-8 FTP 90-100%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Endurance workout Duration: 45-70min</p> <p>10min warm-up</p> <p>25-50min:</p> <ul style="list-style-type: none"> Ride at a relaxed pace. Ride 5min and aim at pedaling a 'round' as possible pedal stroke. <p>Check the pedal force graph on the TrueBike display</p> <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 4-5 FTP: 60-70%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Endurance workout Duration: 80-100min</p> <p>10min warm-up</p> <p>40-70min:</p> <ul style="list-style-type: none"> 15min at your own cadence 5min +10rpm 15min own cadence 05min -10rpm <p>Repeat until time's up</p> <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>

Week 3

Day 1	Intensity	Day 2	Intensity	Day 3	Intensity
<p>Cadence workout Duration: 50-80min</p> <p>10min warm-up</p> <p>30-60: Alternate</p> <ul style="list-style-type: none"> 3min cycling at your own pace + 10rpm 4min own pace -20rpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Uphill Intervals Duration: 56min</p> <p>10min warm-up</p> <p>36min:</p> <ul style="list-style-type: none"> 4-6-8-6-4min 2min recovery <p>Ride the intervals at an incline of 6-8% at 75-85rpm</p> <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>Intervals: RPE: 7-8 FTP: 90-100%</p> <p>Recovery: RPE 2-3 FTP: 50-60%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Endurance workout Duration: 75-100min</p> <p>10min warm-up</p> <p>55-80min:</p> <ul style="list-style-type: none"> Ride at a steady pace Alternate every 10min with a cadence between 100-110rpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>

Week 4

Day 1	Intensity	Day 2	Intensity	Day 3	Intensity
<p>Uphill Interval workout Duration: 60-90min</p> <p>10min warm-up</p> <p>40-70min:</p> <ul style="list-style-type: none"> 6 min steady pace 4min climbing at 70-80rpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>Steady: RPE: 4-5 FTP: 65-75%</p> <p>Uphill: RPE 7-8 FTP 90-100%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Block workout Duration: 60-120min</p> <p>10min warm-up</p> <p>40-100min:</p> <ul style="list-style-type: none"> Ride 'blocks' of 3x8min 50-60rpm 4min recovery at a steady pace <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>Blocks: RPE 6-7 80-90%</p> <p>Recovery: RPE 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Stand-up-sit-down workout Duration: 60-80min</p> <p>10min warm-up</p> <p>40-60min alternate:</p> <ul style="list-style-type: none"> 3min seated riding 1min cycling standing up <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>

Week 5

Day 1	Intensity	Day 2	Intensity	Day 3	Intensity
<p>Cadence workout Duration: 50-80min</p> <p>10min warm-up</p> <p>30-60min: Ride at your usual cadence and add/subtract 10 rpm:</p> <ul style="list-style-type: none"> • 4min usual cadence • 2min +10rpm • 4min -10rpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>FTP-test Duration: 45min</p> <p>15min warm-up</p> <p>20min FTP-test:</p> <ul style="list-style-type: none"> • Ride as fast and steady as possible <p>10min cool-down</p> <p>Bereken je FTP: gemiddelde wattage van de 20min * 0,95</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 8-9 FTP: 105-110%</p> <p>RPE: 2-3 FTP: 50-60%</p> <p>Example: 210Watt * 0,95 = 200Watt</p>	<p>Endurance ride Duration: 60-120min</p> <p>10min warm-up</p> <p>40-100min:</p> <ul style="list-style-type: none"> • Ride a steady pace • Alternate every 5min shifting gears to ride 80-90rpm and 90-100rpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>

Week 6

Day 1	Intensity	Day 2	Intensity	Day 3	Intensity
<p>Uphill interval workout Duration: 60-90min</p> <p>10min warm-up</p> <p>40-70min:</p> <ul style="list-style-type: none"> • Alternate 8min climbing at 70-80rpm and 8-10% gradient • 4min downhill riding at >90rpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>Uphill: RPE 7-8 FTP: 90-100%</p> <p>Downhill: RPE 2-3 FTP: 50-60%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Endurance workout Duration: 80-120min</p> <p>10min warm-up</p> <p>60-100min:</p> <ul style="list-style-type: none"> • Ride in a self-selected gear • Every 11th min, ride 100rpm • Every 12th min, ride 110rpm. <p>10min cool-down</p>	<p>Deze training kan ook buiten</p> <p>RPE: 2-3 FTP: 50-60%</p> <p>RPE 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Technique and Endurance Duration: 50-70min</p> <p>10min warm-up:</p> <p>30-50min:</p> <ul style="list-style-type: none"> • Ride at a relaxed pace • Every 4th min: try to make a 'round' as possible pedal stroke. <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 4-5 FTP: 60-70%</p> <p>RPE: 2-3 FTP: 50-60%</p>

Week 7

Day 1	Intensity	Day 2	Intensity	Day 3	Intensity
<p>Endurance Duration: 60-90min</p> <p>10min warm-up</p> <p>40-70min:</p> <ul style="list-style-type: none"> Ride every 10min at 40-60rpm and 10% incline 5min usual pace 0% incline, cadence >90tpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>Uphill: RPE 6-7 FTP: 75-85%</p> <p>Flat terrain: RPE 4-5 FTP: 60-70%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Frequency Changes Duration: 80-100min</p> <p>10min warm-up</p> <p>60-80min:</p> <ul style="list-style-type: none"> Ride in a self-selected gear Ride every 5th min at 100-110 rpm <p>10min cool-down</p>	<p>Deze training kan ook buiten</p> <p>RPE: 2-3 FTP: 50-60%</p> <p>Uphill: RPE 4-6 FTP 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Endurance climbs Duration: 60-90min</p> <p>10min warm-up</p> <p>40-50min:</p> <ul style="list-style-type: none"> Ride every 4th min a steady pace 6min climbing at 70-80tpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>Steady: RPE: 4-5 FTP: 65-75%</p> <p>Uphill: RPE 7-8 FTP 90-100%</p> <p>RPE: 2-3 FTP: 50-60%</p>

Week 8

Day 1	Intensity	Day 2	Intensity	Day 3	Intensity
<p>Sit-down-stand-up workout Duration: 60-90min</p> <p>10min warm-up</p> <p>40-70min:</p> <ul style="list-style-type: none"> Alternate 3min cycling seated 1min cycling standing up <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Long endurance ride Duration: 50-90min</p> <p>10min warm-up</p> <p>30-70min:</p> <ul style="list-style-type: none"> Steady uphill climbing Vary the gradient percentage 4-10%. <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>Intervals: RPE: 7-8 FTP: 80-90%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Endurance workout Duration: 90-150min</p> <p>10min warm-up</p> <p>60-130min:</p> <ul style="list-style-type: none"> Ride a steady pace Alternate every 15min shifting gears to ride 80-90rpm and 90-100rpm <p>10min cool-down</p>	<p>Deze training kan ook buiten</p> <p>RPE: 2-3 FTP: 50-60%</p> <p>RPE 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>

Week 9

Day 1	Intensity	Day 2	Intensity	Day 3	Intensity
<p>Uphill intervals Duration: 50-75min</p> <p>10min warm-up</p> <p>40-80min pyramid ride:</p> <ul style="list-style-type: none"> 10-8-6-4-4-6-8-10min climbing at 70-80rpm. Recovery: 2min downhill at >90tpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>Uphill: RPE 7-8 FTP 90-100% Downhill: RPE 2-3 FTP: 50-60%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Endurance workout Duration: 80-120min</p> <p>10min warm-up</p> <p>60-100min;</p> <ul style="list-style-type: none"> Ride a steady pace Ride every 14th min 100rpm Ride every 15th min 110tpm <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE 4-6 FTP: 65-75%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Technique and Endurance workout Duration: 40-60min</p> <p>10min warm-up</p> <p>30-40min:</p> <ul style="list-style-type: none"> Ride at a relaxed pace Every 5th min, try to make your pedal stroke as round as possible <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE: 4-5 FTP: 60-70%</p> <p>RPE: 2-3 FTP: 50-60%</p>

Week 10

Day 1	Intensity	Day 2	Intensity	Day 3	Intensity
<p>(Virtual climb) Duration: 60-120min</p> <p>10min warm-up</p> <p>40-100min:</p> <ul style="list-style-type: none"> Ride a virtual route similar to the mountain you're going to ride Ride a steady pace as possible Write down your average heart rate. Has it improved. <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE 7-8 FTP: 85-95%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Frequency Changes Duration: 40-60min</p> <p>10min warm-up</p> <p>20-40min:</p> <ul style="list-style-type: none"> Ride at a self-selected gear Alternate every 4min between your usual cadence, subsequently add +10rpm. <p>10min cool-down</p>	<p>RPE: 2-3 FTP: 50-60%</p> <p>RPE 3-4 FTP: 55-65%</p> <p>RPE: 2-3 FTP: 50-60%</p>	<p>Duur met frequenties Duration: 50-90min</p> <p>10min warm-up</p> <p>30-70min:</p> <ul style="list-style-type: none"> Ride steady Every 5th min: 100-110tpm <p>10min cool-down</p>	<p>Deze training kan ook buiten</p> <p>RPE: 2-3 FTP: 50-60%</p> <p>RPE 4-5 FTP 60-70%</p> <p>RPE: 2-3 FTP: 50-60%</p>



Bert Flier

These tips were written for you by Bert Flier. For TrueKinetix, he provides training tips and creates training schedules. As a personal trainer, Bert Flier guides endurance athletes from all walks of life to their athletic goals. For some that means building up from scratch to being able to ride with the Sunday morning group, for others it means finishing a half or full triathlon. His motto: sport is the most important side issue in life.

Glossary

Endurance workouts

These are the basic workouts in the program. Those help you grow mitochondria and become more efficient. In layman's terms, to drill out your engine. If you have time and desire, you can make the endurance workouts longer than what is on the schedule, or do an additional endurance workout. By the way, a gentle running workout is also possible. Some endurance rides have an extra task, such as longer power blocks at 50-60rpm that work on your strength endurance, or frequency minutes where you ride at an extra high leg rhythm.

Sitting and standing Workouts

You vary between sitting and cycling standing up. This way you become familiar with position changes, make your training more varied, and you can experiment with the way of climbing that suits you. In fact, research has shown that there is little difference in efficiency between standing and sitting climbing and that riders who alternate between standing and sitting by feel achieve the best results.

Frequency changes

In this workout, you vary your pedaling frequency. The basis is often your self-selected gear. Experiment what gear you like to ride best (it will be between 80-100 rpm; the TrueBike indicates that). The diagram shows how to vary this. For example, alternately ride 2 minutes on your chosen gear (e.g. 85 rpm) and 2 minutes 10 rpm extra (e.g. 95 rpm).

Technique and Endurance workout

In this workout you work on your pedaling technique. Choose the screen that displays your pedal revolutions. This is shaped like a peanut. The goal is to make that peanut as round as possible in the moments indicated by the diagram. Experiment with your pedal stroke to see how you can do that, such as by making a movement in the down position as if you were scraping mud from under your shoe.

Climbing and riding uphill

In these workouts, you practice riding in the mountains. To provide more power, you can sit up straight - meaning your hands on the handlebars - and possibly more on the back of your saddle. Again, you can have the 'peanut' displayed to pedal around as efficiently as possible

Intervals

These are the most intense workouts. During these workouts you ride alternately hard (the interval) and slow (recovery). The Intensity during the intervals is high, but controlled: dose your effort so that you can complete the entire series of intervals.

Did you like this training guide?
Let us know!
marketing@truekinetix.com



TRUEKINETIX