

CYCLING -INTERMEDIATE

8 bike

	am	pm	evening
DAY #1	ARRIVAL : welcome & gear set-up	CYCLING long ride without specific excercises (60-70km)	TECHNICAL INTRO : how we'll train (by C.Bertucelli)
DAY #2	CYCLING : Incremental progressions uphill (purpose potentiating - metabolic) ; mode 3 + 2 + 1 ; in series	free	SEMINAR : training methodology (by C.Bertucelli)
DAY #3	CYCLING long ride without specific excercises (80-90km)	SEMINAR : mental coaching (by Bertucelli)	EXCURSION & DINNER - Siena
DAY #4	CYCLING : Mip sprinted in series (average intermittenly potentiating with kicker "sprinted")	EXCURSION : wine tasting	free
DAY #5	CYCLING : Sfr Continue ; Method 3 '+ 1' (running in series) ; with change of pace	free	EXCURSION & DINNER - Florence
DAY #6	CYCLING long ride without specific excercises (60-70km)	EXCURSION TO SPA - Rapolano Terme - relax	free
DAY #7	CYCLING : Long endurance activity ; is intensive ; code climbs 3.2	free	Excursion & dinner - San Gimignano (jamboree !!!)
DAY #8	CYCLING long ride without specific excercises (60-70km)	DEPARTURE	

