



Haute Route & Sportive
Coaching Camp, Tenerife
2 – 9 Feb 2019



Welcome!



The Alpine Cols difference:

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

Together with coach **Silas** and our partners **Marcos** and **Alberto** from Tenerife Bike Training, **Marvin** and **Emmanuelle** 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 in a multi-climb multi-stage event, like the Haute Route.

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.

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.

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



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 **experience the charm of the Canary Islands**, well away from the main tourist centres.

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

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

CAN I
KEEP UP?

BOOK
NOW

Coaching Camp Highlights

On the bike

- The roads in Tenerife are generally in excellent condition and the weather much warmer than elsewhere in Europe in February.
- The rides are appropriate for the time of year, including a mix of both short and long climbs and descents at different gradients.
- The pace is at an easy, base-miles endurance level. 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 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 great 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:
 - 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 Haute Route (and other mountain sportives)
- Time to relax in wonderful, authentic surroundings. Enjoy a coffee and pastry in one of the numerous local cafés.



The incredible Mount Teide

Your coaching team



Silas Cullen

Silas is an ex-international triathlete from New Zealand, where he was also runner-up in the Road Championships in 2012 and 5th in the UCI Tour of Wellington. He has a degree in Sports Science and has been coaching full-time for over 15 years.

Silas lives near Annecy with his wife and two young children.



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. He is qualified as a coach by British Cycling.

Marvin lives near Geneva with 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 (winning her category at the Haute Route Alps). 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 November 1st to February 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.



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.

Your hotels in Tenerife



La Quinta Roja,
Garachico
(first four nights)

Hotel Rural Senderos de Abona
Granadilla
(last three nights)



We have deliberately chosen two small, historic hotels that are as different from the mass-market tourist hotels as possible. Both the **Quinta Roja** and the **Senderos de Abona** are full of character, affording us the authentic Canary Islands experience.



We will take our meals either at the hotels or in small local restaurants where they know how to feed hungry cyclists with delicious local dishes.



CYCLING PROGRAMME

Date	Alpine Cols programme	Timings	Logistics	Major climbs	Distance / vertical
Sat Feb 2	Arrival day Set up bikes; briefing for the week		Arrive in Tenerife ; transfer to hotel La Quinta Roja , Garachico	-	-
Sun Feb 3	Day 1 Coaching focus: core skills.	9h 13h-14h	Depart Garachico Return to Garachico	Masca, from the east	72km / 2,100m+ or 65km / 1,900m+
Mon Feb 4	Day 2 Coaching focus: descending	9h 14h-15h	Depart Garachico Return to Garachico	El Mirador de Baracan	60km / 900m+
Tues Feb 5	Day 3 Coaching focus: climbing	9h 14h-15h	Depart Garachico Return to Garachico	Masca, from the west	55km / 1,900m+
Wed Feb 6	Day 4 Coaching focus: pacing	10h 13h-14h	Depart Garachico Arrive at hotel Senderos di Abona (Granadilla)	Teide from the west	93km / 3,200m+
Thu Feb 7	Day 5 Coaching focus: nutrition	09h 15h-16h	Depart Granadilla Return to Granadilla	Teide from the south (option) From sea level	80km / 2,500m+ or 60km / 1,900m+
Fri Feb 8	Day 6 Coaching focus: group riding	09h 13h 16h	Depart Granadilla Paella at Alberto & Marcos' Mama's house Return to Granadilla (by minibus)	Teide from the east	113km / 3,300m+ or 93km / 3,000m+
Sat Feb 9	Departure day	tbc	Depart to the airport		

450 km | 13,000m+ | 6-8 major climbs
50-60% of the Haute Route

Saturday

Distance: - **Elevation:** -
Ride time: - **Focus:** Getting ready

You will be picked up at the airport and taken to the hotel.
Depending on your arrival time, you may wish to have a late lunch in the village or set up your bike immediately and go for a short check-out ride.
The camp begins with a welcome drink and briefing at 18:30, followed by dinner in a local restaurant with the coaches and other riders.

Sunday

Distance: 65-72km **Elevation:** 1,900-2,100m+
Ride time: 4-5 hours **Focus:** Core skills



We begin the week with a warm-up ride on the flat, during which the coaches observe your basic bike-handling, cornering and group riding skills.

Next we tackle the first climb, 8.5km and 500m from Garachico up to San José. We observe and video your pedalling technique during a 10 min power test on this climb, gaining useful data for the week.

At the top the group divides and the faster riders take the longer route with an extra 200m+ climbing via la Montañeta.

There's an opportunity for a coffee stop in Santiago del Teide before we make the steep descent to Masca, the first chance to see your descending skills.

Enjoy extraordinary views across the mountainous NW corner of Tenerife to the nearby island of La Gomera from the lookout point at El Mirador del Baracan, before an exhilarating descent back for a buffet lunch at the hotel.



Monday

Distance: ~ 60km **Elevation:** ~ 900 – 1,800m+
Ride time: 3-4 hours **Focus:** Descending



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.

After the usual warm-up, we will begin by climbing to El Palmar, from where we will practice descending.

Each rider will descend multiple times with a coach and be videoed multiple times. This will enable us to provide immediate feedback, and the video will allow you to observe your own technique.

If you wish, you can use the van as a convenient way to climb quickly back up the road without unduly tiring yourself by repeated climbing.

There is a nice café for a coffee stop before we make a final descent back for lunch.

Tuesday

Distance: 75km **Elevation:** 2,300m+
Ride time: 4-5 hours **Focus:** Climbing, pacing



For a final ride in the Garachico area we will do the classic loop via Masca and Santiago del Teide from the west.

This route involves 2,300m of climbing. The climb out of Masca, in particular, is very steep, averaging 11% for 2.5km but with ramps at 18-20%.

The focus today 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.

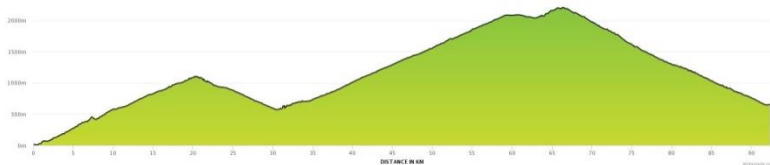
We also pay close attention to your pacing to ensure you stay in the right intensity zone for a long endurance ride in the mountains.

There's an option to extend the ride if you feel it is too short.



Wednesday

Distance: 93km **Elevation:** 3,100m+
Ride time: 6-7 hours **Focus:** Pacing



Today we change location and make the first of three climbs to Mount Teide, the famous Tenerife volcano. For the next three days we will very likely encounter professional riders, here to do big blocks of winter training.

After the now familiar climb to El Tanque and Santiago we enjoy a short descent before the long (26km) climb to the volcano. The total climb is 1,300m at a fairly steady gradient, rarely more than 7%.

This is a day where it is essential to get the pacing right, especially in view of the two days still to come.

There's a great opportunity to practice descending skills on the 25km descent to our new base in Granadilla.

Your luggage will be transferred to the new hotel and be ready and waiting for you when you arrive.

Thursday

Distance: 60-80km **Elevation:** 1,900-2,500m+
Ride time: 5-6 hours **Focus:** Nutrition



This is the Queen stage: the opportunity to put it all into practice on the longest continuous climb in Europe!

We climb from sea-level to the lip of the volcano. The total climb amounts to almost 2,200m, over 35km.

If the complete climb is too much for your current level of fitness, you can start climbing directly from the hotel in Granadilla, saving yourself the first 650m from sea-level.

If you still have the legs for it, we will cross the crater and go on to the highest point (2,350m) 15km further on, passing in front of the Parador hotel used by the pro teams to sleep at altitude.

Today's coaching focus is specifically on nutrition for long rides.



Friday

Distance: 113-93km **Elevation:** 3,000-3,300m+
Ride time: 5-6 hours **Focus:** Group riding



Friday is definitely the highlight of the week, as we ride over for a very special home-made Canary Islands lunch at Marcos and Alberto's family house.

But first, there's the little matter of a mountain to climb...

On this final day, we will visit new roads as we ride around the eastern side of the island and climb over Mount Teide from the north-east. The first part of the ride is a wild roller-coaster up and down and round a never ending series of corners as we (more or less) follow the contour line to the north. It is a wonderful road and a great opportunity to put everything together in a well-paced group.

Today's easier option is to miss out the first 20km.

The climb is 30km long, rising 2,000m. It is a fitting way to finish. The transfer back to the hotel after lunch is by minibus.

Saturday

Distance: - **Elevation:** -
Ride time: - **Focus:** -

Departure day! If your flight is late enough, you may be able to fit in a last, early-morning spin.

For most, though, it will be an opportunity to enjoy a relaxed Canary Islands breakfast in the beautiful Hotel Rural Senderos de Abona before packing up and leaving for the airport.

TENERIFE TRAINING CAMP

OFF-THE-BIKE PROGRAMME 3 – 9 Feb 2019

Date	Time	Recovery programme	Time	Coach's Corner evening sessions
Sat Feb 2			18h30	Intro, core skills and pacing
Sun Feb 3	15h00 – 18h30	Stretching, Compex, massage	18h30	Descending: fast and safe!
Mon Feb 4	15h00 – 18h30	Stretching, Compex, massage	18h30	Pacing, climbing, pedalling technique
Tues Feb 5	14h00 – 18h30	Stretching, Compex, massage	18h30	Riding with power - introduction
Wed Feb 6	17h00 – 18h30	Stretching, Compex, massage	18h30	Riding with power - progression How pros and Olympic athletes train
Thu Feb 7	15h00 – 18h30	Stretching, Compex, massage	18h30	Nutrition: eat and drink for performance
Fri Feb 8	17h00 – 18h30	Stretching, Compex, massage	18h30	Tips for the Haute Route

Note:

The stretching sessions and all 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)



Photo by Tenerife Bike Training



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.

[Back to
page 3](#)

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



PACKAGE PRICES

From Saturday 2 February to Saturday 9 February

- Twin-share: **€2,490**
- Single supplement: **€250**

BOOK
NOW

WHAT IS INCLUDED IN YOUR PACKAGE

- Airport transfers
- Accommodation (Quinta Roja & Hotel Rural Senderos de Abona)
- Meals (breakfast, lunch and dinner)
- On-the-bike coaching
- Use of an **InfoCrank®** power meter, free of charge, from Nov 1st to Feb 9th.
- On-the-road support vehicle with free energy drinks and snacks
- Mechanical assistance
- Alpine Cols cycling jersey
- Coach's Corner evening sessions on cycling performance
- Photographs taken during the week (digital copies)

ADDITIONAL NIGHTS

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

WHAT IS NOT INCLUDED

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

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 or Alberto on +34 6 53 39 57 75.
- **Weather**
 - The normal weather at this time of year is 20°-23°C at sea level, and mostly sunny.
 - HOWEVER, rain is possible and it may be cooler.
 - It will definitely be cooler on Mount Teide where the maximum day temperatures are usually between 0° and 10°C.
 - Bring cycling clothes appropriate for temperatures between 0° and 23°C.
- **Shops, currency and language**
 - Garachico and Granadilla are both delightful small, historic towns with plenty of cafés, restaurants and small shops. Do not expect to find obscure or esoteric bicycle parts!
 - Tenerife is part of Spain: the currency is the Euro and the language is Spanish.
 - Visa and Mastercard are widely accepted or can be used to withdraw Euros from a bank machine.



Photo by Tenerife Bike Training

Tips before travel

Preparing your bike

- Please get your bike serviced by a qualified mechanic. Tell the mechanic that you will be riding 500km 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 (preferably 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.
- 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

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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