



Gassin Golfe de Saint-Tropez
GranFondo Coaching Camp
31 March to 7 April 2019



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.

The camp is designed to help you perform at your best in the GranFondo. 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 the GranFondo the rides are relatively short but always with a strong focus on technique. Daily massages are available to help with recovery.

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 the development teams at the UCI, British Cycling and other national federations to push the boundaries of training with a power meter. You are invited to benefit from the **free use of an InfoCrank®** for 3 months, purchase or return.

The **Gassin Golfe de Saint-Tropez GranFondo** (163.5km, 2,400m+) at the end of the week was the 2018 French qualifying event for the UCI GranFondo World Championships. It is an exciting and competitive event!

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



Saint Tropez

©e.bertrand



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 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 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.



**Gassin and the
Gulf of Saint-Tropez**

Photo © E. Bertrand

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 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 January 1st to April 7th (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



Hôtel des Maures 2* Collobrières

The Hotel des Maures is perfectly situated for cycling the western part of the 163km GranFondo route. It is a modernised, comfortable, unpretentious hotel in an authentic Provençal village well back from the coast. Much of the village life centres around the hotel's café and the pétanque played under the plane trees just in front.

The Hotel des Maures fully deserves its extremely high 9.3 rating on Booking.com (4.5 on TripAdvisor): the staff are charming, the service excellent and the food delicious.

Hotel Font Mourier 4* Cogolin

The 4* Hotel Font Mourier is ideally located on a hilltop in Cogolin, between Saint-Tropez and Gassin, 3km from the start and finish. The rooms are beautifully decorated, the gardens and swimming pool are lovely and the food is of a very high standard. People come here to enjoy the luxurious Saint-Tropez experience from an oasis of calm.

The Hotel Font Mourier is rated 8.6 on Booking.com and 4.5 on TripAdvisor. We found the staff to be delightful and the surroundings exceptional: we can't wait to go back!

CYCLING PROGRAMME

Date	Alpine Cols programme	Timings	Logistics	Circuit	Distance / vertical
Sun Mar 31	Arrival day Set up bikes; briefing for the week		Arrive in Marseille ; transfer to Hotel des Maures , Collobrières	-	-
Mon Apr 1	Day 1 Coaching focus: core skills .	9h 12h-13h	Depart Collobrières Return to Collobrières	Part of the GranFondo route, to and from Collobrières	94km 1,570m
Tue Apr 2	Day 2 Coaching focus: descending	9h 13h-14h	Depart Collobrières Return to Collobrières	Part of the GranFondo route, to and from Collobrières	94km 1,650m
Wed Apr 3	Day 3 Coaching focus: climbing	9h 14h-15h	Depart Collobrières Arrive at Hotel Font Mourier 4*	Second half of GranFondo route, Collobrières to Gassin	91km 1,410m
Thu Apr 4	Day 4 Coaching focus: pacing	9h 15h-16h	Depart Cogolin Return to Cogolin	First half of GranFondo route, to and from St Tropez	111km 1,890m
Fri Apr 5	Day 5 Coaching focus: group riding	10h 12h-13h	Depart Cogolin Return to Cogolin	Sainte Maxime via the coast road, the col du Bougnon	62km 670m
Sat Apr 6	Day 6 Coaching focus: recovery	10h 12h-13h	Depart Cogolin Return to Cogolin	Easy spin to Cap Camarat	25km 300m
Sun Apr 7	GranFondo Gassin Golfe de Saint-Tropez	8h 18h	Ride the GranFondo Depart to the airport	GranFondo Gassin Golfe de Saint-Tropez	163.5km 2,400m

640 km | 9,900m+



Sunday

You will be picked up at Marseille airport at 4pm and taken to the Hotel des Maures in Collobrières.

Please note that Collobrières is 130km from the airport and the transfer will take 2 hours.

There will only be one transfer.

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

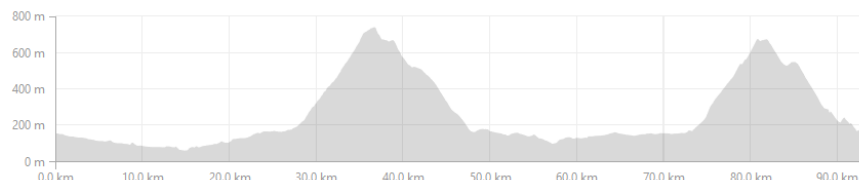
Monday

Distance: 94 km

Elevation: 1,570m+

Ride time: 5-6 hours

Focus: **Core skills**



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

After 27km we tackle the toughest climb in the GranFondo, 9.5km and 560m+ from Pignans up to Notre-Dame des Anges. We observe and video your pedalling technique during a **10 minute power test** on this climb, gaining useful data for the week.

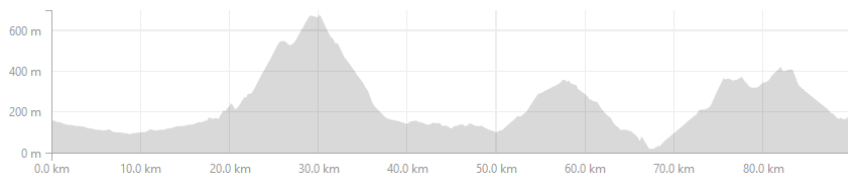
Once over the top we do a further 25km on the flat before returning to Collobrières via the col des Fourches.

There is a shorter option for any riders who prefer to do a little less.



Tuesday

Distance: 94 km **Elevation:** 1,650m+
Ride time: 5-6 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 a short warm-up, we begin by climbing directly to Notre-Dame des Anges, where we rejoin the GranFondo route.

The descent is quite challenging and we are very attentive to your technique. The later descent from La Garde-Freinet to Grimaud is much more straightforward and is an excellent opportunity to practice new skills.

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

We stop for a well-earned coffee in Grimaud.

Wednesday

Distance: 91km **Elevation:** 1,410m+
Ride time: 5-6 hours **Focus:** **Climbing, pacing**



The route today is the last 90km of the GranFondo, all the way to the finish in Gassin. Joining together the key parts of Monday and Tuesday's rides, this is your chance to practice again on the actual roads to be used on Sunday.

The 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.

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

Your luggage is transferred to the new hotel in Cogolin and is ready and waiting for you when you arrive.



Thursday

Distance: 111 km **Elevation:** 1,890m+
Ride time: 6-7 hours **Focus:** **Pacing**



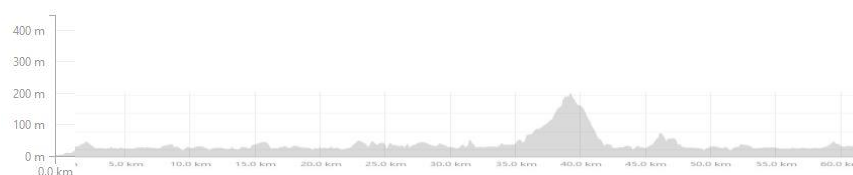
Today we follow the GranFondo route from the start in St Tropez, past Ramatuelle, down again to the coast and then up the col de Canadel from Rayol. We then take the magnificent Route des Crêtes along the ridge for almost 20km before going over the col de Babaou.

This brings us down to Collobrières (km 72), from where we take the direct route back via the col de Taillude.

This is a day where it is essential to **get the pacing right**, especially in view of Sunday's GranFondo. None of the climbs are particularly tough, but the whole ride is either climbing or descending!

Friday

Distance: 62 km **Elevation:** 670m+
Ride time: 3 hours **Focus:** **Group Riding**



This is an easy ride along the coast, starting in Saint-Tropez. We ride past Port Grimaud and through Sainte-Maxime and Les Issambres before turning inland just before Fréjus. We do a short loop over the col de Bougnon (154m) before riding back along the coast.

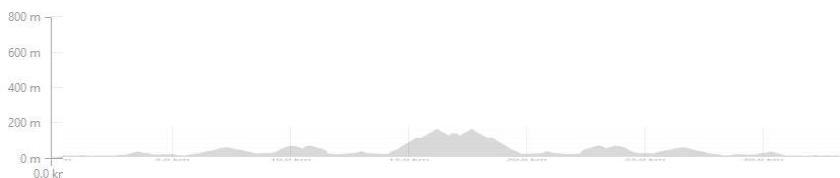
The focus is on group riding: **saving energy, passing the relay, anticipating choke-points and avoiding the concertina effect.**

We stop for a coffee in a beachfront café on the way back.



Saturday

Distance: 25 km **Elevation:** 300m+
Ride time: 1-2 hours **Focus:** **Recovery**



Today is registration day for the GranFondo. We pick up the bibs and visit the race village in Gassin.

We propose an optional **short and easy spin** through the vineyards to the lighthouse at Cape Camarat.

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

Sunday

Distance: 163.5 km **Elevation:** 2,400m+
Ride time: 7-9 hours **Focus:** **Race!**



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!

GRANFONDO COACHING CAMP

OFF-THE-BIKE PROGRAMME

Date	Time	Recovery programme	Time	Coach's Corner evening sessions
Sun Mar 31			18h30	Intro and core skills (pacing, climbing, pedalling technique)
Mon Apr 1	14h00 – 18h30	Stretching, Compex, massage	18h30	Descending: fast and safe!
Tue Apr 2	15h00 – 18h30	Stretching, Compex, massage	18h30	Riding with power - introduction
Wed Apr 3	16h00 – 18h30	Stretching, Compex, massage	18h30	Riding with power – progression Training for your target event
Thu Apr 4	16h00 – 18h30	Stretching, Compex, massage	18h30	Riding with power – cutting edge How do pros and Olympic athletes train
Fri Apr 5	14h00 – 18h30	Stretching, Compex, massage	18h30	Nutrition: eat and drink for performance
Sat Apr 6	14h00 – 18h30	Stretching, Compex, massage	18h30	Riding the GranFondo

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



PACKAGE PRICES

From **Sun 31 March** to **Sun 7 April**

- Twin-share: **€2,720**
- Single supplement: **€420**

BOOK
NOW

WHAT IS INCLUDED IN YOUR PACKAGE

- Airport transfers (to and from Marseille, 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 Jan 1st to Apr 7th.
- 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)

ADDITIONAL NIGHTS

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

WHAT IS NOT INCLUDED

- Travel to/from Marseille
- Hotels in Marseille
- 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** airport pick-up on Sunday March 31st at 4pm (earlier if possible, depending on flight arrival times). The drive to Collobrières takes two hours.
 - Please make sure we have your flight details and let us know of any changes or delays.
 - The return airport transfer will leave Cogolin at 6pm and arrive at the airport by 8.30pm. We recommend you book for the night at an airport hotel and fly out the next morning.
- **Weather**
 - The normal weather at this time of year is 12°-17°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 22°C.
- **Shops, currency and language**
 - Collobrières is a delightful small, typically Provençal town with plane trees, cafés, restaurants and small shops. It is in the middle of the Massif des Maures, some way away from the coast. Do not expect to find a bicycle shop!
 - Cogolin is on the coast, between St Tropez and Port Grimaud. The hotel is on a hill top above the town. It is a short bike ride away from the main shopping and tourist areas.
 - Visa and Mastercard are widely accepted or can be used to withdraw Euros from a bank machine. The language is French. Some English is spoken.

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.
- 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 in Provence 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.

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.

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.

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 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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