



**GranFondo Coaching Camp**  
**Marmotte GranFondo Valais**  
**4<sup>th</sup> to 11<sup>th</sup> August 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.

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 either the **Tour des Stations** (220km, 7400m+) or the **Marmotte GranFondo Valais** (130km, 4500m+) 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 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 (10<sup>th</sup> 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 May 10<sup>th</sup> to August 11<sup>th</sup> (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 week, in the middle of the Tour des Stations. 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 Saturday night at the Hotel Bristol in Verbier.



## CYCLING PROGRAMME

Date	Alpine Cols programme	Timings	Logistics	Circuit	Distance / vertical
Sun Aug 4	<b>Arrival day</b> Set up bikes; briefing for the week		Arrive in <b>Geneva</b> ; transfer to <b>Hotel des Vignes 4*</b> , Sion	-	-
Mon Aug 5	<b>Day 1</b> Coaching focus: <b>core skills</b> .	9h 14h-15h	Cycle direct from the hotel, or minibus to start in Crans Montana	First part of the GranFondo route, from Crans Montana to Vercorin	75 km   1,600m <i>or</i> 90 km   2,600m
Tue Aug 6	<b>Day 2</b> Coaching focus: <b>descending</b>	9h 14h-15h	Cycle direct from the hotel, or minibus to start in Vercorin	Second part of the GranFondo route, from Vercorin to Hérémente	63 km   1,250m <i>or</i> 85 km   2,200m
Wed Aug 7	<b>Day 3</b> Coaching focus: <b>climbing</b>	9h 14h-15h	Cycle direct from the hotel, or minibus to start in Hérémente	Third part of the GranFondo route, from Hérémente to Isérables	65 km   1,750m <i>or</i> 82 km   2,480m
Thu Aug 8	<b>Day 4</b> Coaching focus: <b>pacing</b>	9h 15h-16h	Cycle direct from the hotel, or minibus to start in Isérables	Last part of GranFondo route, from Isérables to Verbier	80 km   1,480m <i>or</i> 107 km   2,160m
Fri Aug 9	<b>Day 5</b> Coaching focus: <b>recovery</b>	10h 12h-13h	Cycle direct from the hotel. Minibus to Martigny to pick up bibs.	Along the valley floor.	50 km   250m
Sat Aug 10	<b>Tour des Stations</b> Choose your route!	tbc	Minibus to start Arrival in Verbier ( <b>Hotel Bristol 3*</b> )	Tour des Stations Marmotte GranFondo Valais MedioFondo	220 km   7,400m <i>or</i> 130 km   4,500m <i>or</i> 50 km   2,200m
Sun Aug 11	<b>Departure day</b>	10h	Transfer to the airport	-	-

**430 – 590 km | 10,600 – 16,300m+**





The Tour des Stations

Photo © Sportograf





## Monday

**Distance:** 75 - 90 km    **Elevation:** 1,600 - 2,600m+  
**Ride time:** 5-6 hours    **Focus:** **Core skills**



We begin the week by climbing to the GranFondo start point in Crans Montana, on the bike or in the minibus, your choice!

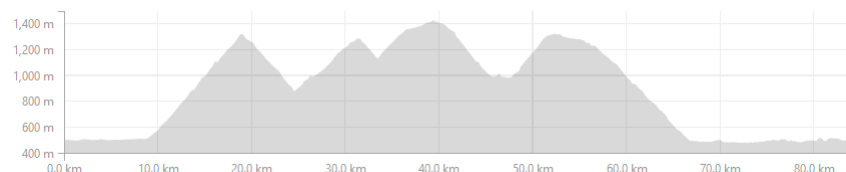
From the start line there is a slight descent before the 3.3km climb to the col de Plumachit, the prelude to the long descent to the valley floor. During the ride the coaches observe your **basic bike-handling, cornering and descending skills**.

We continue to follow the GranFondo route across the valley and then up the climb to Vercorin (8 km at 9.9%). We observe and video your pedalling technique during a **10 minute power test** on this climb, gaining useful data for the week.

Once back on the valley floor we do a further 25km on the flat nice and easy to spin out the legs before returning to the hotel for lunch.

## Tuesday

**Distance:** 63 - 85 km    **Elevation:** 1,250 - 2,200m++  
**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**.

There are three route options (longer to shorter): (1) repeat Monday's climb to Vercorin; (2) climb back to where we left off on Monday; (3) take the minibus to where we left off. In all cases we continue the GranFondo route, through Nax, Saint-Martin, Euseigne and Hérémente. This is a stunning ride, through picture-postcard scenery.

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.

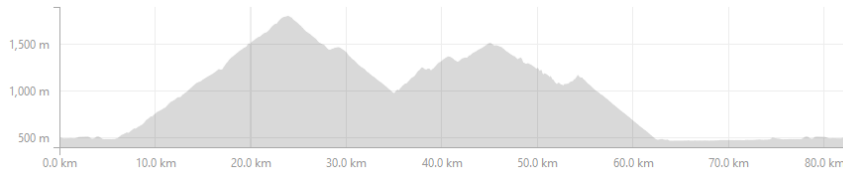




Photo © Sportograf

## Wednesday

**Distance:** 65 – 82 km    **Elevation:** 1,750 – 2,480m+  
**Ride time:** 5-6 hours    **Focus:** **Climbing**



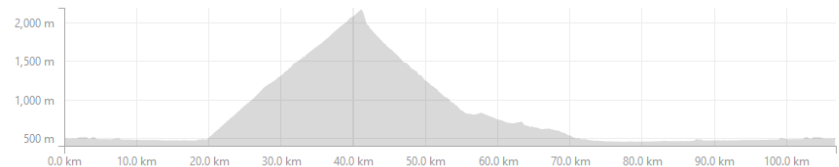
The route today is the third part of the GranFondo, from Hérémence to Isérables. It includes the most technically challenging sections of the route, both climbing and descending. You can either cycle to the start point in Hérémence (17 km and 730m+) or ride there in the minibus.

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:** 80 – 107 km    **Elevation:** 1,480 – 2,160m+  
**Ride time:** 6-7 hours    **Focus:** **Pacing**



Just one big climb today, to the Col de la Croix-de-Cœur (2,174m), the highest point and final climb on the GranFondo. The long option is to ride from the hotel and thus climb from the valley floor (21km, 7.9%). The short option is to take the minibus to where we left off yesterday. From there the climb is 14.7km at 7.5%.

Once over the col we will make the precipitous descent to the finish line in Verbier, and then continue down to Martigny and an easy spin along the valley floor back to the hotel.

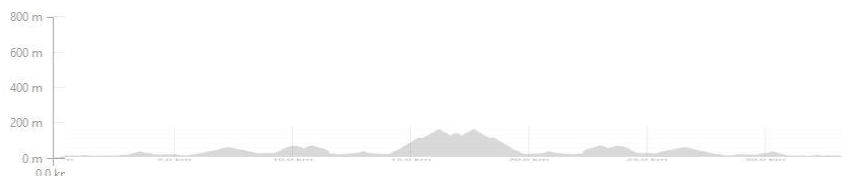
This is a day where it is essential to **get the pacing right**, especially in view of Saturday's GranFondo!



Photo © Alpine Cols

## Friday

**Distance:** 50 km      **Elevation:** 250m+  
**Ride time:** 2-3 hours      **Focus:** **Recovery**



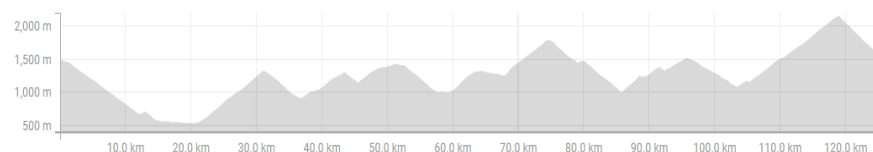
Today is registration day for the GranFondo. During the afternoon we pick up the bibs and visit the race village in Martigny.

During the morning we propose a **very easy-paced recovery ride** along the valley floor, with a stop for coffee and pastries.

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

## Saturday

**Distance:** 130 – 220 km      **Elevation:** 4,500 – 7,400m+  
**Ride time:** 7-11 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!





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 sessions
Sun Aug 4				18h30 Intro and core skills (pacing, climbing, pedalling technique)
Mon Aug 5	15h00 – 18h30	Stretching, Compex, massage	By appointment	18h30 Descending: fast and safe!
Tue Aug 6	15h00 – 18h30	Stretching, Compex, massage	By appointment	18h30 Pacing with perceived effort, heart rate or power
Wed Aug 7	15h00 – 18h30	Stretching, Compex, massage	By appointment	18h30 Riding with power – progression Training for your target event
Thu Aug 8	16h00 – 18h30	Stretching, Compex, massage	By appointment	18h30 Riding with power – cutting edge How do pros and Olympic athletes train
Fri Aug 9	14h00 – 18h30	Stretching, Compex, massage	By appointment	18h30 Riding the GranFondo Pacing and nutrition
Sat Aug 10		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](mailto:info@alpinecols.com)



Photo © Alpine Cols

## PACKAGE PRICES

From **Sun 4 August** to **Sun 11 August**

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

**BOOK**  
**NOW**

## 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 10<sup>th</sup> to Aug 11<sup>th</sup>.
- 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 Switzerland.

## WHAT IS NOT INCLUDED

- Travel to/from Geneva
- Hotels in Geneva
- 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 4<sup>th</sup> 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 plenty of 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



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