

The Official DUVINE Training Plan

LEVEL TWO BIKE TOUR

Tips From Nick Graham, Senior Guide



**Nick
Graham**

Riding outdoors for an hour is preferable, but sometimes our schedules only allow us the time to take a spin class. Either option will prepare you for your trip.

After your first week, **increase distance** and incorporate **more hills and climbs** in your rides.

If you are planning to use cycling shoes that attach to the pedals on your bike on tour, be sure to become comfortable and familiar with them before your tour starts.

This training plan provides training recommendations, but every person is different. **You know your own body and strength.** If you need an extra rest day or another spin class, work it in. The most important thing is to have a good time preparing. We will be sure to take good care of you on tour. Focus on having fun!

Tour Details



AVERAGE DAILY MILEAGE
15-35 miles



AVERAGE DAILY ELEVATION
980-1,610 feet



TIME TO PREPARE
8 weeks (novice)
6 weeks (intermediate)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|--|---|--|
| We know you're busy, and Mondays are difficult for everyone. Take the day off to recover. | Go to your local gym/cycling studio and take a spin class. Try to go fast. | We don't want any injuries to impact your tour, so be sure to practice some yoga and use a foam roller once a week. | Do some leg-focused strength training at the gym (40 minutes legs, 30 minutes core, 20 minutes arms, and stretching). | Before you visit the wine bar with your friends to hone your wine tasting skills, try to fit in a second spin class during the week. | Meet up with friends and try to ride for at least 2 hours. We recommend including a café stop along your route. | Seek out the hilliest terrain in your area and try to ride there for at least 2 hours. |
| REST | SPIN | STRETCH | STRENGTH | SPIN + WINE | LONG RIDE | HILLS |
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| REST | SPIN | STRETCH | STRENGTH | Travel to DuVine Tour | Travel to DuVine Tour | Start Your Tour! |