

# PACKAGE RACE



## RECOGNITION OF THE ÉTAPE DU TOUR

PREPARE AND RECOGNIZE IT AS THE PROS!



**Place :**  
Alps, Maurienne,  
France



**Dates :**  
June 6 > 10 2022



**Duration :**  
5 days / 4 nights



LIVE! The craziest cycling experience of your life, the biggest cyclosportive event in the world: the Etape du Tour of the Tour de France ASO. The French Cycling Federation offers you the unique opportunity to prepare this event in the best possible way. 1 month before the race, our coaches: Pierre IDJOUADIENE, former pro rider, and a local trainer bring you to recognize every inch of the event. They will share their knowledge on training, nutrition, and offer you the best plan suited to your level to be ready on D-Day on July 10th! You will test yourself on the great Alpine passes before leaving with your personalized training plan! Man or woman, don't wait any longer to register!



**On the program :** The total recognition of the circuit of the Etape du Tour with specific work, an FTP test. All in a comfortable cottage with our Chef Grégory in professional conditions: mechanic, coach, physiotherapist ... Attention: limited number of bibs !



**YOUR BIB OFFERED FOR THE « ÉTAPE DU TOUR » 2022 !**  
YOUR PERSONALIZED TRAINING PLAN FOR THE NEXT 5 WEEKS!

**Physical level required : 2 à 3/5**  
(experienced cyclist who can ride 80km and 1500m of elevation)

**Technical level required : 2 à 3/5**  
(be able to make a descent from the pass in the rain)

ASO / A.VIALATTE



LE **GRAND** DOMAINE CYCLABLE DU MONDE

# PACKAGE RACE



## Provisional programme (2 level groups at each ride) :

Monday, June 6	Tuesday, June 7	Wednesday, June 8	Thursday, June 9	Friday, June 10
	<p><b>LE COL DE LA CROIX DE FER</b></p> <p><b>FTP test 20' at altitude Recognition</b> Cottage =&gt; Cottage - Col de la Croix de Fer - Col du Mollard <b>90km and 2700m of elevation</b></p> <p><i>Break Croc'Maurienne in St-Sorlin d'Arve</i></p>	<p><b>L'ALPE D'HUEZ</b> <i>Transfer to St-Sorlin d'Arve (45')</i></p> <p><b>Sweetspot Endurance Recognition</b> <i>St-Sorlin =&gt; Alpe d'Huez</i> - Alpe d'Huez - Col de Sarenne <b>81km and 2200m of elevation</b> (possibility of extension to the Lautaret)</p> <p><i>Picnic in l'Alpe d'huez</i> <i>Transfer back to the cottage (1h35')</i></p>	<p><b>LE GALIBIER</b> <i>Transfer to Briançon (1h35')</i></p> <p><b>Technical and threshold work Recognition</b> <i>Briançon =&gt; cottage</i> Col du Lautaret (relay) Col du Galibier (threshold and VO2max) <b>78km and 1700m of elevation</b></p> <p><i>Picnic &amp; visit of the Brasserie Galibier in Valloire</i></p>	<p><b>LES LACETS DE MONTVERNIER</b></p> <p><b>Technical work and VO2max or free ride</b> <i>cottage =&gt; cottage</i> Les lacets de Montvernier Col du Chaussy <b>65km and 1500m of elevation</b></p> <p>Relay work in the valley</p>
<p><b>2pm: welcome drink</b> Saint Michel de Maurienne</p> <p><b>1,5h to 2h Easy Ride</b></p> <p><b>Maurienne aperitif training camp briefing</b></p>	<p>Massages Recovery tips &amp; individual interview</p> <p><b>Mechanics course</b> : theme of your choice</p>	<p>Massages Recovery tips &amp; individual interview</p> <p><b>Cultural walk or rest</b></p>	<p>Massages Recovery tips &amp; individual interview</p> <p><b>Cultural walk or rest</b> <b>Cooking Masterclass with Grégory</b></p>	<p><b>End of the training camp at 2pm at the cottage</b></p>
<p><b>Conference Evening :</b> The technical-tactical approach of a mountain race Management of effort in the mountains</p>	<p><b>Conference evening:</b> FTP Test Data Analysis How to progress in the mountains?</p>	<p><b>Conference evening:</b> Nutrition in cycling, before and during the race</p>	<p><b>Conference evening:</b> Training and specific preparation: distribution of training plans</p>	



**Accommodation :** Cottage « accueil vélo » La Maison de la Tour at Saint Martin de la Porte, Savoie, Alps, France

**Restaurant :** A chef just for you! Grégory will concoct good dishes adapted with organic, local and quality products

**More info about your destination :** [www.velo-maurienne.com](http://www.velo-maurienne.com)

### Included :

- Your bib for the L'Etape du Tour event
- Your personalized training plan for 5 weeks
- Supervision of the rides from start to finish by a professional trainer, following car and refueling and mechanical assistance
- Transportation between days of recognition
- Accommodation in cottage label "Accueil Vélo", half pension adapted to athletes
- Picnics and snacks at each ride
- Mechanical overhaul and washing of the bike every day by a professional mechanic
- Daily or semi-daily washing machines
- Theme nights, conferences on training, nutrition and professional cycling, mechanics
- Additional activities
- Logistical advice and follow-up of your order before the training camp
- The analysis of your sports level and physical preparation advice upstream

### Not included :

- Optional services (to be paid at the time of booking)
- Your means of transportation to come to Saint Martin de la Porte (logistical advice and shuttles possible)
- Renting a bike (we can direct you to a rental company in the Valley, or rent for you)
- Individual refueling (bars, gels, ...)
- Property and casualty and cancellation insurance

### Public price all-inclusive:

With bib : 1 890 €  
Without bib : 1 690 €

**THE +:** By participating in this stay, you give yourself a chance to be drawn at random among all the participants of our FFC 2022 camps and stays to win an entry on the latest opus of our catalog: The discovery of the Reunion Island !



REGISTRATION AND INFORMATION on SPORTS N CONNECT

**REGISTER NOW** OR SEND AN EMAIL TO [SEJOURS@FFC.FR](mailto:SEJOURS@FFC.FR)



Crédit photo : T. Bruas