

PACKAGE RACE



ALPS: MAURIENNE'S TRILOGY

TRAINING CAMP AND RACES, A WEEK IN THE SHOES OF A CHAMPION



Place :
Alps, Maurienne,
France



Dates :
June 21 > 26, 2022



Duration :
6 days / 5 nights

The French Cycling Federation and the Trilogie de Maurienne invite you to immerse yourself in the heart of a collective! Prepare this event and its three days of racing in the shoes of a champion, with recognition, physical and mental preparation advice, technical-tactical approach. Above all, discover the emulation of team spirit, the briefing and the approach of the race as it could be among the pros on a stage of the Tour France. The only opportunity to discover the French Alps and the Maurienne with a bib to motivate you to surpass yourself in breathtaking landscapes! Alone or with others, you will be supervised by a staff worthy of the France team.

On the program : Introduction to specific work in the mountains, conferences, and cultural visits of the Maurienne heritage. All in a comfortable cottage with our Chef Grégory in professional conditions: Sports Director, mechanic, coach ... Attention: limited number of bibs!

IN + : YOUR BIB AND ASSISTANCE FOR THE 3 DAYS OF THE MAURIENNE TRILOGY!



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)



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Provisional programme (2 level groups at each ride) :

Tuesday, June 21	Wednesday, June 22	Thursday, June 23	Friday, June 24	Saturday, June 25	Sunday, June 26
<p>2pm welcome drink Saint Michel de Maurienne</p>	<p>CONQUERING THE GALIBIER</p> <p>Cadence/power threshold at high altitude 72km and 2400m +</p> <p><i>Croc'Maurienne break in Valloire</i></p>	<p>ON THE HEIGHTS OF AUSSOIS</p> <p>Relay work in the Valley 78km and 1650m +</p> <p><i>Picnic on the shores of Lake Du Plan d'Aval at an altitude of 2000m</i></p>	<p>LA MADELEINE CHRONO 70km and 2350m +</p>	<p>LE GALIBIER CHRONO 105km and 2600m +</p>	<p>Your choice:</p> <p>L'ARVAN VILLARD 130km and 4450m +</p> <p>L'ARVAN 105km and 3650m +</p> <p>LE MOLLARD 65km and 2400m +</p>
<p>1,5 to 2h easy ride</p> <p>Maurienne aperitif Training Camp briefing</p>	<p>Aperitif in Valloire and visit of the Brasserie du Galibier</p>	<p>Visit of the Opinel Museum in St-Jean de Maurienne</p> <p>Collection of bibs at the village departure</p>	<p>Recovery Tips</p> <p>Cultural walk Cooking Masterclass with Grégory</p>	<p>Recovery Tips</p> <p>Stretching and active recovery session in the open air</p>	<p>End of stay after the race</p>
<p>Conference Evening: The technical-tactical approach and the management of the effort in mountain racing</p>	<p>Conference evening: How to plan your season and how to prepare goals?</p>	<p>Evening conference + briefing: Nutrition in cycling, before and during the race</p>	<p>Briefing of the next day's race, analysis of the course and mental conditioning</p>	<p>Briefing of the next day's race, analysis of the course and mental conditioning</p>	



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

Restauration : 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

More info about the race : <https://cycling-challenge.fr/trilogie-maurienne/>



Included :

- Your bib for the events of the Trilogie de Maurienne
- Mechanical and logistical assistance during the week
- 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 internship
- 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 transport 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 a bike for you)
- Individual refueling (bars, gels, ...)
- Property and casualty and cancellation insurance

Public price all

inclusive :

With bib : 1 569€
Without bib : 1 490€

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 !



Crédit photo : T. Bruas



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