

CYCLEFIT

L'Etape du Tour 2017

Briancon to the Col d'Izoard 16.07.2017

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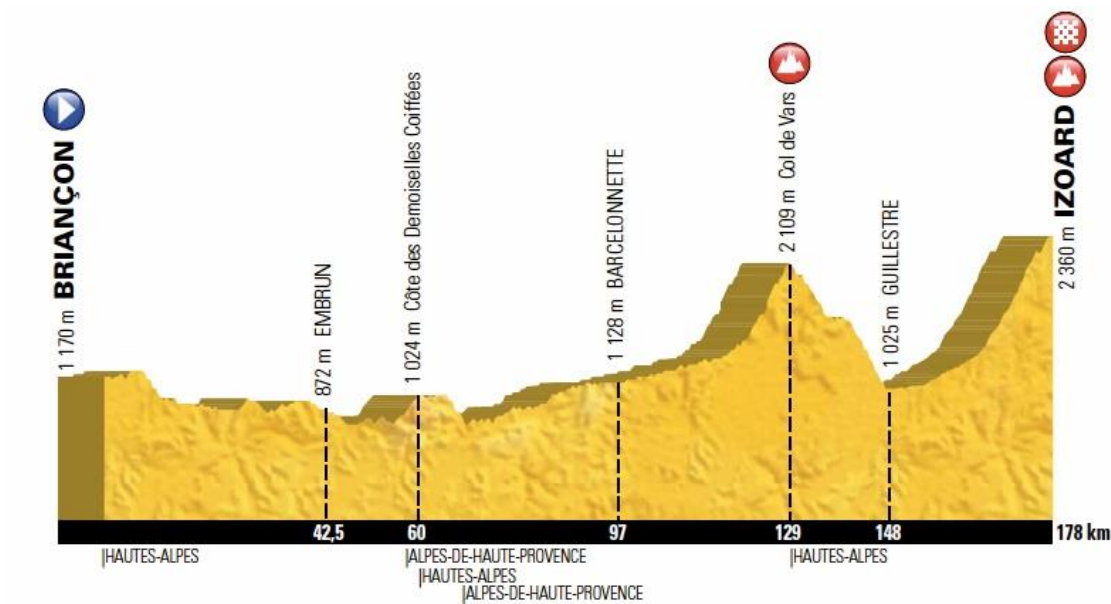
The Route

Riding L'Etape

Five P's

Course profile

178km and 3,529m of climbing



Course notes

Small 2km climb after 8.5km

The first 60km is mostly downhill

Cote des Demoiselles Coiffées

7.2km climb, 480m of ascent.
5.5% gradient, 11% at top.
Steep descent.

Col de Vars

A gentle climb that starts 58km from the summit at 1.5% - 2% ramping up to 12% at the top.
18km descent at 5%

Col d'Izoard

Starts easy at 2.5% until the final 15km which is 6.9% with a short downhill.

Course profile

178km and 3,529m of climbing



How long will it take?

75kg solo rider

150 watts avg. = 9h42m

200 watts = 7h55m

250 watts = 6h46m

Drafting will save time and energy

CYCLEFIT TIP - ONE OF THE TOUGHEST ROUTES IN RECENT YEARS, COURSE IS BACKLOADED

Col de Vars



THE DRAG UP TO THE CLIMB - NO SHELTER

Col de Vars

2,109m 9.3km at 7.5%



75KG SOLO RIDER

250W = 1h13m

200w = 1h28m

150w = 1h53m

Mass Delta (Cost of 1 kilo)

48 seconds

CYCLEFIT TIP - STEEP PART OF CLIMB STARTS AT 120KM
THERE ARE STEEP SECTIONS IN THE LOW TEENS

Col d'Izoard the Casse Deserte



CYCLEFIT TIP - CLIMBS THROUGH THE FOREST AND OUT IN TO THE CASSE DESERT

Col d'Izoard



75KG SOLO RIDER

150W = 3h7m

200w = 2h24m

250w = 1h58m

Mass Delta (Cost of 1 kilo)

80 seconds

CYCLEFIT TIP - HAVE A GOOD LUNCH AND REFUEL BEFORE THE CLIMB.

Whole Course



75kg solo rider

150 watts avg. = 9h42m

200 watts = 7h55m

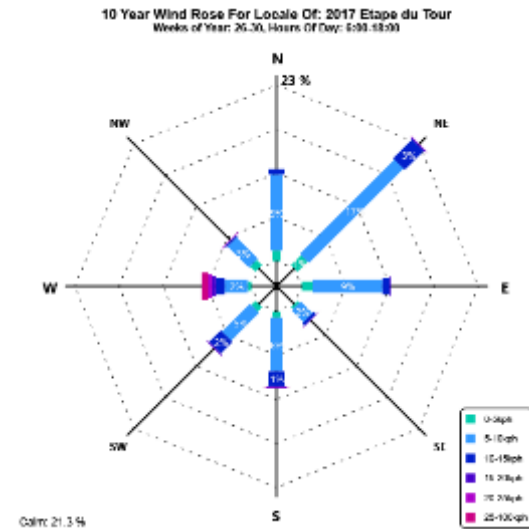
250 watts = 6h46m

What does the wind normally do

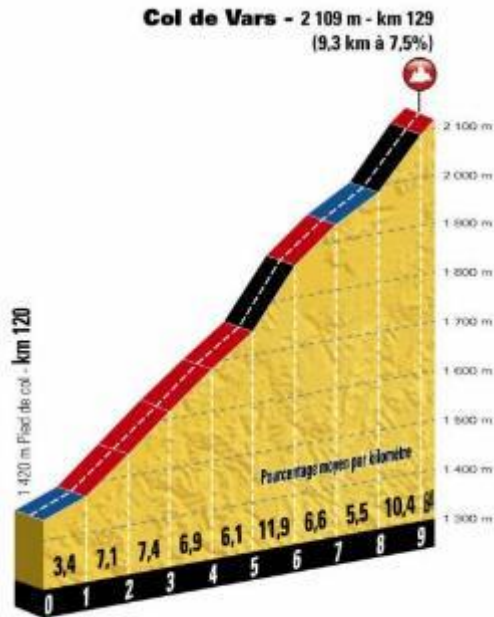
- On this course?
- At this time of year?

Light North Easterly winds = 20% probability

No significant wind = 20% probability



Climbs



On the Izoard a significant northerly (head) wind is highly probable (chance > 30%)

75kg solo rider

250w = 1h13m

200w = 1h28m

150w = 1h53m

Mass Delta (Cost of 1 kilo)

...48 seconds

250w = 1h58m

200w = 2h24m

150w = 3h07m

Mass Delta

...80 seconds



Riding l'Etape du Tour



Preparation

Eight weeks left

Get skinny

Ten hours a week ideal

Possible on six hours with a few big rides

Try and do three big hilly back-to-back rides
two weeks before

Rest for a few days

Big ride the weekend before

Keep training as usual but taper before the
event.

Not riding for three days before is not a
problem

Feel fresh!

Get your position checked

Are your cleats OK?

Service your bike

Get low gears fitted 32t ideal 36t possible

Don't do anything unusual like:

Go for a run

Visit the gym for the first time in a decade

Play five-a-side football, try and skateboard
etc.

Lose weight quickly and train

The start



CYCLEFIT TIPS

How do you want to tackle the ride?
Finish? Go as quick as possible? Enjoy the day?
Normal breakfast –
Not too much coffee
have An energy bar in the pen
Drink a bottle and then 'leave it'.

Hydrate
Don't wear too much even if a chilly morning
If no rain forecast just take a gilet
Suncream
Hydration tablets
3-4 bars
Spare tube and tool, pump
Top tube bag????

Drafting
The roads are closed!
Always fast, keep right.
Look out for street furniture
Go round a roundabout the wrong way like the pros – its fun

Let's go!



CYCLEFIT TIPS

Fast start

Depending on start number could be a bottle neck at the first climb

Try and get past as many riders as possible to avoid stopping and walking (see next slide)

Drafting – slipstream to the steep part of the climb

Tail wind?

The roads are closed!

Always fast, keep right unless passing

Look out for street furniture

Go round a roundabout the wrong way like the pros – its fun

Jump on the back of a faster group to save some time

Climbing Tips



Focus on the Process

Feed before the climb starts

Start the climb slower than feels right

Use low gears (see above)

Keep cadence – unless big legs

Pick intermediate goals – every kilometre?

Get a Mantra and a rhythm:

Phil Mantra - "Let the climb come to you"

Jules Mantra - "Don't stop 'til you get to the top"

Posture – position your body to go UP

Stand on the pedals to rest muscle groups

Don't look at the Garmin – you are going very slowly!

Pass on the left

Get passed on the right

No talking

No smiling

Feed Stations



CYCLEFIT TIPS – NO QUEUEING
YOU DON'T HAVE TO STOP AT ALL OF THEM
BEST TO CHOOSE WHEN AT A SLOW SECTION OR BEFORE A CLIMB
WATCH OUT FOR RIDERS SWERVING ACROSS YOU TO GET TO THEM
EAT AND DRINK, STASH FOOD FOR LATER
WATER TASTES GREAT
DON'T EXPOSE SAGGY FLESH

The Finish



CYCLEFIT TIPS

ENJOY THE MOMENT

TAKE A SELFIE

COULD BE CHILLY, EAT AND DRINK SOMETHING

PUT GILET ON AND DESCEND

MAYBE GET A MEDAL AT THE TOP OR BOTTOM

HAVE A BEER

The Broom Wagon



CYCLEFIT TIP - CUT OFF TIMES AND ROAD CLOSURES, IF YOU DON'T REACH THE IZOARD ON TIME THEY WON'T LET YOU UP IT.

PUBLISHED BY ASO

AVOID THIS IF YOU WANT TO STAY POPULAR WITH YOUR FRIENDS

Five Etape P's

Position

Posture

Peddalling

Posterior

P-Equipment

Position



Saddle

Height and fore-aft position determined by leg length and flexibility

Handlebar

Height and distance from saddle are dictated by posture, comfort and type of riding

Crank Length

A reflection of limb length and flexibility or discomfort

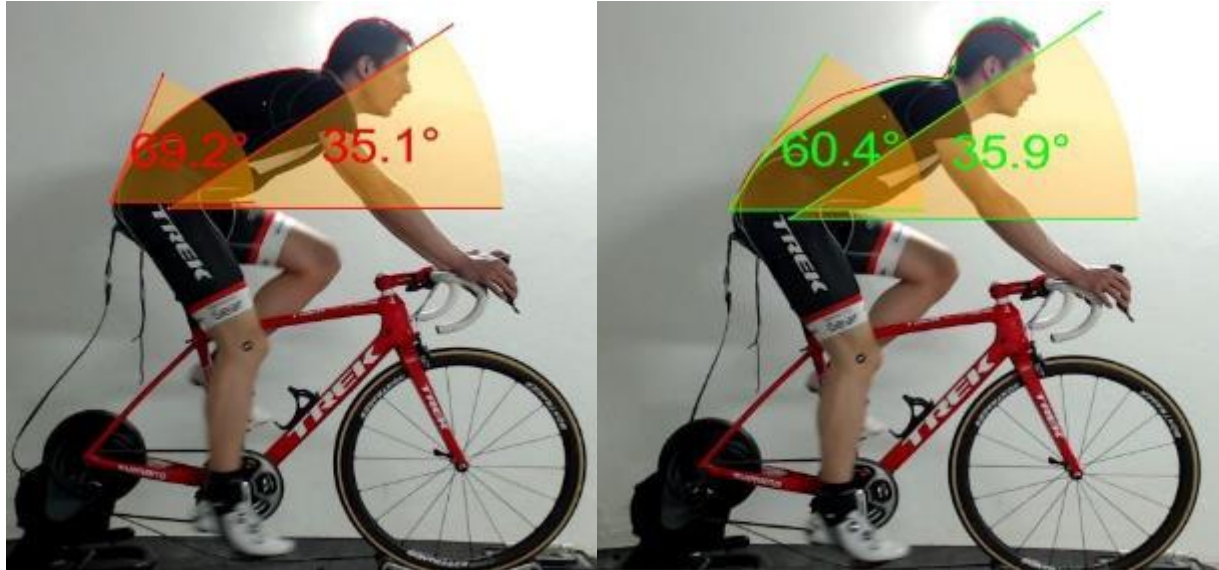
Footwear

A stable foot supported with a footbed and correct cleat adjustment will help improve pedal technique alleviating discomfort and reducing injury risk

Frame size

A properly set-up bike will improve performance, comfort and bike handling.

Posture



Kristoff Vandervael
Ex- Belgian National TT
Champion

Left image:
Neck and shoulder discomfort

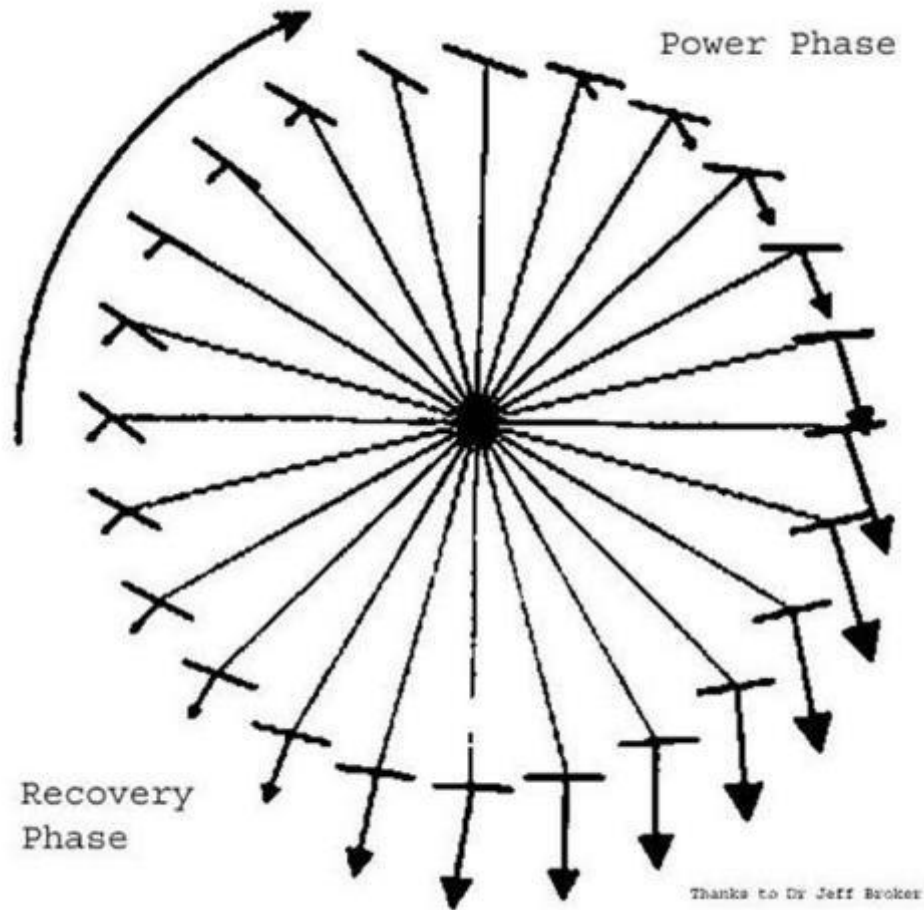
Right image
The same bike position with
improved awareness of posture.

Raising the head and
straightening the back can
alleviate neck and shoulder
discomfort.

A straighter/longer back makes
the bike 'reach' shorter and
helps engage the glutes.

CYCLEFIT TIP - IMAGINE A SPIDERS THREAD PULLING YOU IN TO THE SKY.
WILL AUTOMATICALLY HELP ENGAGE CORE WITHOUT TENSION AND SOFTEN
SHOULDERS
OPEN HIP ANGLE
BI-PED TRYING TO RUN ON THE BIKE

Peddalling



12 o'clock

Also known as 'Top Dead centre' as no force can be generated here

3 o'clock

Downward force starts to produce the highest power

6 o'clock

It's all over

9 o'clock

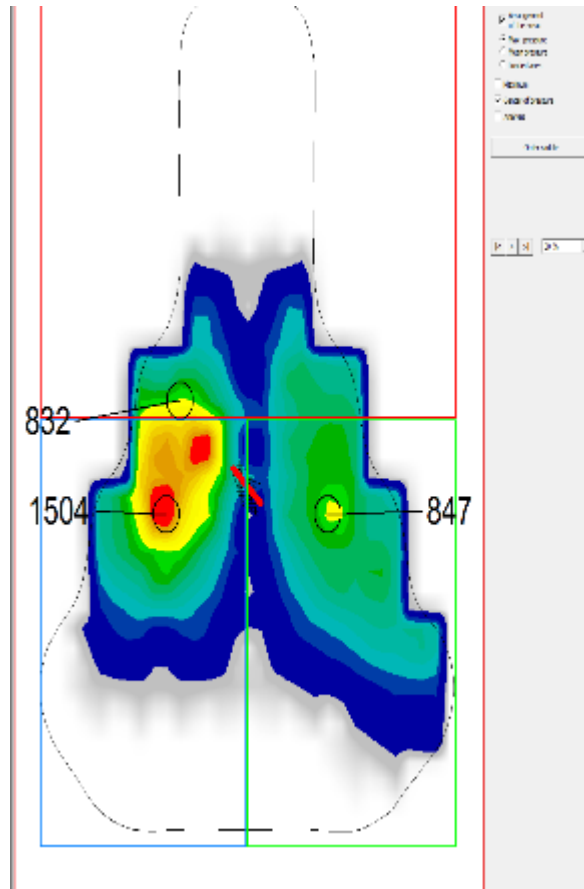
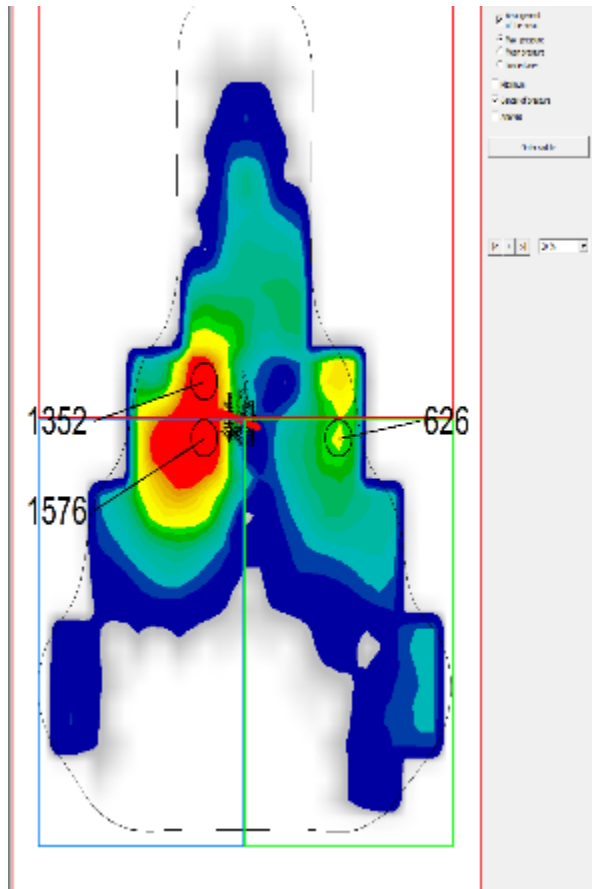
The leg is resting and getting out the way of the pedal but there is still downward force.

Recommended cadence

85 rpm for big muscular legs up to 105 for lighter limbs. Its mostly subjective but 90rpm - 95rpm is ideal.

CYCLEFIT TIP - NO UPSTROKE FOR SUSTAINED PERIODS

Posterior, Pubic Rami, Perineum



Left image

Painful when riding, saddle sore, perineal pressure.

Right image

Firmer saddle in new position & handlebar reach and drop reduced.

Improved right sit bone contact for more even pressure distribution, weight on saddle further back with less pressure on front soft tissue.

P-Equipment



CYCLEFIT NOTES

PRODUCT SOLUTIONS

Contact Points – handlebars, lever position, saddle, pedals and shoes. A SMALL ADJUSTMENT CAN MAKE THE BIGGEST DIFFERENCE

TOM PIDCOCK – JUNIOR CROSS CHAMP, LWR BACK PAIN AND DEAD LEFT LEG AFTER EFFORTS. DECEMBER 2016, WINS IN JANUARY 17! SADDLE POSITION CHANGED BY 3MM REACH REDUCED, LEVER ANGLE, FOOTBEDS, SHIM.

Frame geometry – TREK H3,H2,H1, custom – FINDING THE RIGHT SHAPE BIKE FOR THE RIDER'S PHYSIOLOGY AND TYPE OF RIDING
Materials – carbon – light and stiff, more comfy than aluminium
Aluminium – not as light BUT very stiff
Steel – comfortable 'retro' durable
Titanium – light, strong, VERY COMFORTABLE,durable, hard to make, custom – ti/carbon mix ADDS STIFFNESS IN BB AREA AND FILTERS VIBRATION EVEN MORE

The importance of weight – on a six hour sportive with 3000m PLUS climbing reducing overall weight by 5kg only saves 12 minutes!

The End



CYCLEFIT TIP - ENJOY THE MOMENT
COULD BE CHILLY, EAT AND DRINK SOMETHING
PUT GILET ON AND DESCEND
MAYBE GET A MEDAL AT THE TOP OR BOTTOM