



LEVEL 1 TRAINING GUIDE



Barry Austin

Cycling coach Barry Austin has trained Olympians and pro riders, but his suggestions apply to anyone who wants to ride better! Developed especially for DuVine, Barry's lifestyle hacks and training plan will help you prepare for your tour.*

Count Down

Print this schedule and cross off each day as you near your tour—it'll keep you accountable and excited.

Stay Flexible

Work in an extra rest day if you need it, or challenge yourself to an additional day of spin or cardio.

Ride Regularly

Make cycling a part of your life. We recommend you allow at least 6 pre-tour weeks to properly prepare.

Lifestyle Hacks

Even small tweaks can benefit your body and mind and advance your training goals. These easy-to-implement "microbursts" gradually improve your resilience and endurance. Don't stop at these suggestions—there are many ways to actively engage your body throughout the day.

At Home:

Walk more: take a daily after-dinner stroll, walk to errands, or park farther away. Tilt your pelvis forward while walking and engage your glutes with each stride.

While shopping, carry a basket instead of pushing a cart whenever possible.

Keep training aids throughout your house (weights by the stairs or a doorframe pull-up bar) and do a few reps whenever you pass by.

At Work:

Replace your chair with a yoga ball to engage your core.

Take the stairs.

Stand during coffee breaks. Tilt your pelvis forward while standing and focus on centering your body weight.

On Your Commute:

Commute by bike whenever possible.

In the car or on a train, crunch your abs while seated.

Instead of leaning against the seat back, straighten your spine, lift your head and heart, and support your body with your core.

Go Easy on Yourself!

All training plans have easier days or weeks, so take 1-2 rest days/week from your lifestyle hacks, too! Most importantly, have fun and find ways to enjoy your training—it should never feel stressful. Remember: you're getting ready for a vacation!

**This training guide is a suggestion only. Please consider your own ability and limitations when beginning this plan.*

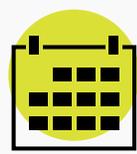
Level 1 Tour Averages



15-30 Miles
Daily Distance



105-350 Meters
Daily Elevation



6 Weeks
Time to Prepare

Recommended Level 1 Tours

[Bordeaux Bike Tour](#)

[Verona + Lake Garda Bike Tour](#)

[Holland Bike Tour](#)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Mondays can be crazy—take a rest day to get motivated for the week ahead.

Bike to your gym or indoor cycling studio for a cardio session or spin class. The goal is to increase energy and endurance.

Intensity Chat-o-Meter
If you can easily keep up a conversation while breaking a sweat, you're in good shape!

Stretching helps prevent injury. Take a yoga class or use a foam roller to improve flexibility.

Strength training can be focused on your legs or core—start with your own body weight before adding weight machines.

Work with a trainer to develop a circuit designed for your fitness level, experience, and injuries or sensitivities.

You've been training hard. Don't you deserve some wine?

Try a glass from the region you'll be visiting, then browse our [Level 2 tours](#) and get inspired to set your next goal.

Find the biggest hill in your area and ride up as far as you can. Next week, push yourself a little farther!

Intensity Chat-o-Meter
Talking should be easy on flats and downhills. On climbs, your conversation will include heavier breaths and a few grunts towards the crest!

Spend 1-2 hours on the bike—try riding to a café with a friend so you'll be ready for the coffee stops on tour!

Week 1	REST	SPIN / BIKE	STRETCH	STRENGTH	WINE	HILLS	LONG RIDE
Week 2	REST	SPIN / BIKE	STRETCH	STRENGTH	WINE	HILLS	LONG RIDE
Week 3	REST	SPIN / BIKE	STRETCH	STRENGTH	WINE	HILLS	LONG RIDE
Week 4	REST	SPIN / BIKE	STRETCH	STRENGTH	WINE	HILLS	LONG RIDE
Week 5	REST	SPIN / BIKE	STRETCH	STRENGTH	WINE	HILLS	LONG RIDE
Week 6	REST	SPIN / BIKE	STRETCH	STRENGTH	TRAVEL TO DUVINE TOUR	TRAVEL TO DUVINE TOUR	START YOUR TOUR