

LEVEL 2 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.*

Get Comfortable

Planning to clip in on tour? Wear your cycling shoes to train so they feel familiar.

Stay Flexible

Riding outdoors is preferable, but sometimes a stationary bike or indoor trainer is the only option—whatever works!

Ramp Up

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

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 2 Tour Averages



15-35 Miles
Daily Distance



305-610 Meters
Daily Elevation



6 Weeks
Time to Prepare

Recommended Level 2 Tours

[Burgundy Bike Tour](#)

[Puglia Bike Tour](#)

[Alentejo Bike Tour](#)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>Mondays can be crazy—take a rest day to get motivated for the week ahead.</p>	<p>Bike, join a spin class, or do a cardio session for an hour. The goal is to increase energy and endurance.</p> <p>Intensity Chat-o-Meter If you can easily keep up a conversation while breaking a sweat, you're in good shape!</p>	<p>Stretching helps prevent injury. Take a yoga class or use a foam roller to improve flexibility.</p>	<p>Strength training can be focused on your legs or core—you'll need these muscles to ride uphill. Start with your own body weight before adding weights.</p> <p>Work with a trainer to develop a circuit designed for your fitness level, experience, and injuries or sensitivities.</p>	<p>After a spin class or bike ride, treat yourself to some well-deserved wine.</p> <p>Try a glass from the region you'll be visiting, then browse our Level 3 tours and get inspired to set your next goal.</p>	<p>Find hilly terrain in your area and ride there for at least 2 hours.</p> <p>Intensity Chat-o-Meter Talking should be easy on flats and downhill. On climbs, your conversation will include heavier breaths and a few grunts towards the crest!</p>	<p>Spend at least 2 hours on the bike—try riding with friends and include a café break so you'll be ready for the coffee stops on tour!</p> <p>Intensity Chat-o-Meter If you can easily keep up a conversation while breaking a sweat, you're in good shape!</p>
Week 1	REST	BIKE / CARDIO	STRETCH	STRENGTH	SPIN + WINE	HILLS	LONG RIDE
Week 2	REST	BIKE / CARDIO	STRETCH	STRENGTH	SPIN + WINE	HILLS	LONG RIDE
Week 3	REST	BIKE / CARDIO	STRETCH	STRENGTH	SPIN + WINE	HILLS	2-HOUR SHORT RIDE
Week 4	REST	BIKE / CARDIO	STRETCH	STRENGTH	SPIN + WINE	HILLS	LONG RIDE
Week 5	REST	BIKE / CARDIO	STRETCH	STRENGTH	SPIN + WINE	HILLS	LONG RIDE
Week 6	REST	BIKE / CARDIO	STRETCH	STRENGTH	TRAVEL TO DUVINE TOUR	TRAVEL TO DUVINE TOUR	START YOUR TOUR