

LEVEL 3 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.*

Ride Outdoors

On weekends, spend a few hours riding diverse terrain. Join a cycling club or recruit fellow weekend warriors.

Stay Flexible

Recovery is key, so allow for rest after big rides (or whenever your body needs it). Feeling motivated? Add a spin class!

Ramp Up

Increase distance and incorporate more hills and climbs in your weekly rides. Shoot to add 10% to your totals each week.

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 3 Tour Averages



20-40 Miles
Daily Distance



450-1,160 Meters
Daily Elevation



6 Weeks
Time to Prepare

Recommended Level 3 Tours

[Provence Bike Tour](#)

[Tuscany Bike Tour](#)

[Mallorca Bike Tour](#)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Mondays can be crazy—take a rest day to get motivated for the week ahead.	Do an hour of strength training focused on your legs or core, followed by an hour-long ride or spin class. Intensity Chat-o-Meter If you can easily keep up a conversation while breaking a sweat, you're in good shape!	Find 90 minutes to ride outside, varying your speed and intensity with intervals at a fast/medium tempo. Intensity Chat-o-Meter It'll range from slightly out-of-breath conversation to "I can talk, but I'd rather not."	Stretching helps prevent injury. Take a yoga class or use a foam roller to improve flexibility.	After a spin class or bike ride, treat yourself to some well-deserved wine. Intensity Chat-o-Meter On the bike, you can easily chat about which Level 4 tour you want to tackle next.	Spend 2-3 hours riding outside. Head for hilly terrain and include a café break. 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 3-4 hours riding outside with friends. Cover varied terrain and keep up the pace. Intensity Chat-o-Meter If you can easily keep up a conversation while breaking a sweat, you're in good shape!
Week 1	REST	STRENGTH + SPIN	90 MIN INTERVAL RIDE	STRETCH	SPIN + WINE	LONG RIDE	LONG RIDE
Week 2	REST	STRENGTH + SPIN	90 MIN INTERVAL RIDE	STRETCH	SPIN + WINE	LONG RIDE	LONG RIDE
Week 3	REST	STRENGTH + SPIN	90 MIN INTERVAL RIDE	STRETCH	SPIN + WINE	LONG RIDE	2-HOUR SHORT RIDE
Week 4	REST	STRENGTH + SPIN	90 MIN INTERVAL RIDE	STRETCH	SPIN + WINE	LONG RIDE	LONG RIDE
Week 5	REST	STRENGTH + SPIN	90 MIN INTERVAL RIDE	STRETCH	SPIN + WINE	LONG RIDE	LONG RIDE
Week 6	REST	STRENGTH + SPIN	90 MIN INTERVAL RIDE	STRETCH	TRAVEL TO DUVINE TOUR	TRAVEL TO DUVINE TOUR	START YOUR TOUR