Train like the pro’s

Pro riders use the RC3 GPS Tour De France training computer. It is the official training device of riders from Team Argos-Shimano. This training plan has been developed by the Trainer and Coach Adriaan Helmantel to help you improve your cycling performance so that you can stay ahead of the pack.

Enjoy the ride with your new Polar RC3 GPS Tour de France!

Training Levels:

Look out for these five levels of training throughout the plan.

<table>
<thead>
<tr>
<th>Intensity</th>
<th>Very Light</th>
<th>Light</th>
<th>Moderate</th>
<th>Hard</th>
<th>Maximum</th>
</tr>
</thead>
<tbody>
<tr>
<td>% HRmax</td>
<td>50-60%</td>
<td>60-70%</td>
<td>70-80%</td>
<td>80-90%</td>
<td>90-100%</td>
</tr>
</tbody>
</table>

Pushing yourself to the maximum, only used for short bursts

Iwan Spekenbrink, Team Manager Team Argos-Shimano

“There are so many elements that need to come together to bring a team to peak performance for the Tour De France: training, rest, race-strategy, team-spirit, nutrition and some luck of course.

Polar’s products, like the RC3 GPS Tour De France training computer, are an essential part of our preparation and in-race tactics. They tell us, in real-time, how our riders are performing and how much more they can give.”
### GETTING STARTED

#### Week One & Two

**Mon**
- **90 min**  
  Cadence 85–95 RPM
  - **Aim for:** (% of HRmax)
    - 20 min 50-60% warm up
    - 50 min 60-70% unchanged
    - 20 min 50-60% cool down
  
**Tues**
- Rest

**Weds**
- **150 min**  
  Cadence about 90 RPM
  - **Aim for:** (% of HRmax)
    - 30 min 50-60% warm up
    - 45 min 60-70% unchanged
    - 15 min 50-60% unchanged
    - 30 min 60-70% unchanged
    - 30 min 50-60% cool down

**Thurs / Fri**
- Rest

**Sat**
- **180 min**  
  Cadence 90 RPM
  - 30 min 50-60% warm up
  - 30 min 50-60% warm up
  - 60 min 70-80% unchanged
  - 45 min 60-70% unchanged
  - 45 min 60-70% cool down

**Sun**
- Rest

### Week Three

#### BUILDING STRENGTH

**Mon**
- **120 min**  
  Cadence 80–90 RPM
  - **Aim for:** (% of HRmax)
    - 30 min 50-60% warm up
    - 60 min 60-70% unchanged
    - 30 min 50-60% cool down

**Tues**
- Rest

**Weds**
- **90 min**  
  Cadence about 90 RPM
  - 30 min 50-60% warm up
  - 44 min 60-70% unchanged
  - 20 min 50-60% unchanged

**Thurs**
- Rest

**Fri**
- **150 min**  
  Cadence about 80–90 RPM
  - 30 min 50-60% warm up
  - 30 min 50-60% warm up
  - 46 min 70-80% unchanged
  - 20 min 50-60% unchanged
  - 25 min 50-60% cool down

**Sat**
- Rest

**Sun**
- **240 min**  
  Cadence about 90 RPM
  - 45 min 50-60% warm up
  - 60 min 60-70% unchanged
  - 30 min 50-60% unchanged
  - 60 min 60-70% unchanged
  - 45 min 50-60% cool down

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**Tip:** Weight training is an essential part to improve your cycling performance.
### week four & five

#### BUILDING STRENGTH

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Aim for (% of HRmax)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon</strong></td>
<td>Rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Tues</strong></td>
<td>90 min Cadence 90 RPM</td>
<td>20 min 50-60%, 50 min 60-70%, 20 min 50-60%</td>
<td>complete complete complete</td>
</tr>
<tr>
<td><strong>Weds</strong></td>
<td>Rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thurs</strong></td>
<td>120 min Cadence 90 RPM</td>
<td>30 min 50-60%, 60 min 60-70%, 30 min 50-60%</td>
<td>complete complete complete</td>
</tr>
<tr>
<td><strong>Fri</strong></td>
<td>Rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sat</strong></td>
<td>240 min Cadence 80–90 RPM</td>
<td>45 min 50-60%, 30 min 60-70%, 30 min 50-60%</td>
<td>complete complete complete</td>
</tr>
<tr>
<td><strong>Sun</strong></td>
<td>Rest</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

This week felt....

**Tip:**
Now would be a great time to do a Fitness Test, which is built into the RC3 GPS and many other Polar products. It measures your fitness level in only five minutes!

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### week six

#### ENDURANCE TRAINING

(hard week)

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Aim for (% of HRmax)</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mon</strong></td>
<td>120 min Cadence 80–90 RPM</td>
<td>30 min 50-60%, 60 min 60-70%, 30 min 50-60%</td>
<td>complete</td>
</tr>
<tr>
<td><strong>Tues</strong></td>
<td>Rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Weds</strong></td>
<td>105 min Cadence about 90 RPM</td>
<td>30 min 50-60%, 44 min 60-70%, 30 min 50-60%</td>
<td>complete</td>
</tr>
<tr>
<td><strong>Thurs</strong></td>
<td>Rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fri</strong></td>
<td>150 min Cadence 80–90 RPM</td>
<td>30 min 50-60%, 27 min 60-70%, 30 min 50-60%, 30 min 80-90%, 30 min 50-60%</td>
<td>complete complete complete complete</td>
</tr>
<tr>
<td><strong>Sat</strong></td>
<td>Rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sun</strong></td>
<td>300 min Cadence about 90 RPM</td>
<td>60 min 50-60%, 60 min 70-80%, 30 min 50-60%, 120 min 60-70%, 30 min 50-60%</td>
<td>complete complete complete</td>
</tr>
</tbody>
</table>

Fancy another challenge? Log onto polarpersonaltrainer.com and there are a range of plans that use your data to create completely personalized training schedules.

Tip:
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