



QUINTESENTIALLY
FOUNDATION

Zurich to St Moritz

3 Days | 450km | 7500m climbing

Rouleur Travel

Our 2024 ride is set to be truly epic but you'll need to be prepared. Consistency in training is key. Don't worry about having an amazing week just try and avoid having bad weeks.

3 training sessions per week - Repeat each session for 2 weeks.

Month 1:

Weeks 1-2:

- Ride 1: 45-60 minutes at an steady pace.
- Ride 2: 30-45 minutes, incorporate a 5 x 1-minute intervals of added intensity.
- Ride 3: 20 miles, focus on maintaining a steady pace.

Weeks 3-4:

- Ride 1: 45-60 minutes, include 2-minute intervals.
- Ride 2: 45-60 minutes, hill training or gym session - focus on intensity
- Ride 3: 20-30 miles on the weekend at a comfortable pace.

Month 2:

Weeks 5-6:

- Ride 1: 60 minutes with longer intervals of intensity
- Ride 2: 45-60 minutes, hill training or gym session - focus on intensity
- Ride 3: 50-60 miles on the weekend.

Weeks 7-8:

- Ride 1: 60 minutes with short, high-intensity intervals, running or cycling.
- Ride 2: 45-60 minutes, hill training or gym session - focus on intensity
- Ride 3: 60-70 miles on the weekend.

Month 3:

Weeks 9-10:

- Ride 1: 60-70 minutes at a steady pace.
- Ride 2: 45-60 minutes, include hill sprints running or cycling
- Ride 3: 70 miles on the weekend, practice nutrition (back to back rides)
- Ride 4: 50 miles on the weekend, practice nutrition. (back to back rides)

Weeks 11-12:

- Ride 1: 60-70 minutes at a steady pace.
- Ride 2: 45-60 minutes, include a few longer intervals.
- Ride 3: 70 miles or more on the weekend, fine-tune nutrition and hydration.

This program assumes a basic level of fitness and confidence on the bike. If you feel unwell or pick up an injury at any point please stop and consult your doctor or physio.