



GIRO D'ITALIA 2012 Sports Science Tour 18th-26th May 2012

Presenter: Paul Visentini, Specialist Sports Physiotherapist

DAY1 MAY 18TH

We gather in Milan and transfer to Varese where we will spend the next 2 nights.

Varese is the home of the AIS cycling European Training Centre and very close to Lake Maggiore. After checking into our hotel we will build our bikes and then head out for a 30-40km ride to stretch the legs and make sure all is working well with the bikes and we'll fit in our customary stop for a coffee along the way. That evening we will have a welcome dinner followed by an overview of the daily lectures and workshops that will be presented throughout the tour.

DAY 2 MAY 19TH

After a leisurely breakfast, we will head out on the bikes today for a local loop taken by many of the riders staying at the AIS. There will be some great riding around Lake Maggiore along with a few climbs to provide some diverse physical challenges, which will be studied as part of the lectures.

There will be a coffee stop and lunch along the way as we take in around 100km of riding.

Today's stage of the Giro is a hill top finish in Cervinia, so we will find a TV to watch them battle it out over the last 20kms or so.

In the late afternoon/evening we will begin the workshops with Paul, first focusing on ***Muscle Activation & "Levers" in Cycling***.

Tonight is dinner at a place of your choosing

DAY 3 MAY 20TH

After breakfast we pack the vans and travel across to the beautiful and majestic Lake Como.

Our transfer is approx 1.5 hrs.

After we check in we get straight into it as it's our first Giro viewing. Today's stage finishes with a climb up to Piani dei Resinelli which tops out at approx 1300m however the pros face a series of climbs before they get there, including the 20km climb to Valcava. We are perfectly placed to watch the race unfold as it passes through Lecco, only a short ride away, and there's a 107km loop before arriving back near Lecco for the finish. We have many viewing and riding options as we can jump onto the course at several locations and ride along it to the finish. It's an awesome experience riding on the course proper, the road surface is quite often new, pink decorations will be everywhere and some sections will already have the 'tifosi' lining up happily cheering you along. Once we've picked our viewing spot we can relax and wait for the caravan of sponsors to come through and then shortly afterwards witness the pros as they smash their way to see who takes out this critical stage. Another ride option, on the easier side, is to prop where we intersect with the course and watch as the riders battle on one of the earlier climbs.

100-150km with hills for the keen, 50km as the easier option

Tonight's lecture will be looking at ***Power Production-Effect of Body Position, Technique, Fatigue***.

Dinner is provided tonight



DAY 4 MAY 21st

It's a rest day for the Giro and that means no race viewing leaving the whole day to focus on our tour. So far, we have explored the lake shores but today it's time to head inland to discover one of cycling's great monuments 'Madonna del Ghisallo' chapel and museum. The climb to the Chapel starts immediately from Bellagio and is tough on cold legs but they won't be cold for long! This climb is a feature of the Giro di Lombardia, the race that closes the season off for the pros. The chapel has been sacred ground for many cyclists, which is evident by all the bikes, jerseys and memorabilia left there. In fact, over the years, the riders have donated so many items that they needed to build a museum right next door to house all things cycling both modern and vintage. There's many a jersey belonging to Aussies on display, including Cadel's rainbow World Champs jersey. The ride today starts off with the climb as mentioned but we can then offer two ways of getting home, turn right after a gradual descent and it's more climbing or turn left for a big downhill and then continue on the flat road along the shore.

50- 80km, keeping in mind the visit to the Chapel and Museum

Today's lecture will be looking into "**Change the Body not the Bike**"

Dinner tonight is at a place of your choice.

DAY 5 MAY 22ND

The Pros ride to Austria today.

For us it is taking in more of the riding around the beautiful lake Como.

Today we have some options including riding around to the city centre of Lecco or we take the route towards Como, with both routes riding along the water's edge for most of the day.

We will make it back in time to watch the finish of the stage which may suit the sprinters if their teams can work them up the steady incline over the last 60km.

Tonight's lecture we will talk about **Basic Bike Set Up**.

Group dinner tonight provided by Cadence Tours

DAY 6 MAY 23RD

Transfer day to our next hotel in the famous town of Treviso.

It's a longish transfer so we'll break the drive with a stop at Casati Bikes which is a little over an hour into the drive. Casati is a bike manufacturer in the town of Monza and they have been making bikes since the 1920's and still hand make bikes today. After our lecture last night on bike fit out, we will be able to look at the geometry of making a custom bike and also making a bike to suit a particular rider ie- a sprinter as opposed to a climber.

We will continue after our visit with some lunch and coffee stops along the way, experiencing the Italian version of a truck stop, "The Autogrill".

On arrival in Treviso we will check into our hotel for the next 3 nights.

Today's stage finishes in Cortina however the preceding climb over Passo Giau might be one to watch to see if any of the GC contenders make a move.

If time permits we will get the bikes out for a 40km loop or we will walk into town for an afternoon drink followed by dinner. Treviso is well known as the birthplace of the Aperol Spritz so you may want to try out the local beverage.



DAY 7 MAY 24th

Today we get to see the race up close as the race is finishing in the town of Veduggio, which is about 20km west of Treviso. Today could be a stage for the sprinters or one for a break away, as it is downhill most of the way.

After breakfast we will have a lecture on **Mechanical Injuries in Cycling**

We will then grab some lunch and head off towards the race finish. We will take a slightly longer route and then have a vehicle close so you can leave your bikes and secure a good position to see the race finish. After the race we will jump on the bikes and head back to the hotel.

Once again we will make our way into town for a group dinner.

DAY 8 MAY 25th

Today's stage starts in Treviso, so we will be right in the middle of the action.

After breakfast we will head down to the starting area where it is all happening.

A stage start is really something you have to see. You will be able to pick up souvenirs, catch the riders warming up and see them all sign on before they head out. Then suddenly the riders will make their way to the start line where they will roll out of town, followed by all the team cars and bikes and before you know it all the stage, fences and marquees are gone.

After the race has rolled out of town we will get back to our hotel for the last day on the bike, Treviso has some wonderful cycling routes and some of the sections of roads are car free or have signs stating that bikes have right of way. After a nice 70km loop we will get back to the hotel.

During the afternoon we will pack up the bikes.

We will watch the later stages of the race with several big climbs, it could really be a tough day at the office for the pros.

The last lecture includes a review of the topics discussed over the 8 days.

After that we will head back into town for a farewell dinner.

DAY 9 MAY 26th

After 9 fantastic days we check out of the hotel and say goodbye to all.

From the hotel we will transfer people to Venice Airport or train station so you can make the journey home or to your next destination.

COST: \$5,500 includes twin share accommodation, transfers, fully guided rides by Italian speaking guides, Lectures, breakfasts, 5 dinners, back up vehicle on all rides, Cadence cycling kit.

Single supplement \$1200. Please refer to Booking terms and conditions

Conference Schedule Draft: Key Topics

1. *Introduction & Overview*
2. *Muscle Activation & "Levers" in Cycling.*
3. *Power Production-Effect of Body Position, Technique, Fatigue*
4. *Change the Body not the Bike*
5. *Basic Bike Set Up*
6. *Practical Sessions: elite cycle training facilities & programs, the science of custom made bikes*