

REVOLUTION COACHING

WOMEN'S PERFORMANCE CYCLING CAMP NOVEMBER 4-11, 2018 ITINERARY

SUNDAY, NOV 4 CHECK IN DAY

12:00-1:00 Official Arrival and Registration at the Hotel Corque in Solvang. <https://www.hotelcorque.com/> If you are arriving from Santa Barbara Airport, we can arrange a shuttle to Solvang. We will get you registered, perform a bike safety check, and introduce you to your support team followed by a short shake down ride. After our ride, we will gather for coaches happy hour to go over the details of the weeks schedule. Welcome dinner to follow.

Each day will start with breakfast at Hotel Corque followed by our daily briefing, stretching, and pre-ride prep. Our pro mechanic will have your bike cleaned and ready to roll. Our daily ride will be tailored to your fitness and skill level and you will be fully supported and challenged by our coaching staff. After the ride we will have lunch followed by afternoon coach presentations. Massage can be arranged with one of our local therapists. Dinner will be hosted by Revolution Coaching for 5 nights leaving you 2 nights to explore the local eateries on your own.

MONDAY, NOV 5 SANTA YNEZ WINE TRAIL

Today we roll out on the epic Santa Ynez Wine Trail for a ride that includes work on group riding skills, individual skills coaching, and field testing for those who want to determine or update their training zones. Tonight's dinner will be hosted by your coaches at one of our favorite local breweries.

TUESDAY, NOV 6 JALAMA BEACH

We will get an early start today for our epic Jalama Beach ride. Jalama features one of few stretches of undeveloped coastline in California. The route is beautiful and challenging and we will have several options depending how long you want to go. After a long day in the saddle, you will have some free time before coach Happy Hour and dinner on your own.

WEDNESDAY, NOV 7 SKILLS AND DRILLS

Today's ride will focus on improving and learning new skills from our pro riders. No matter your experience level there is always something to learn and this is your opportunity to practice with some of the most elite pros in the world. After lunch we will discuss ride/race nutrition and training strategy. Tonight you will be rewarded with a wine tasting at Kalyra Winery and a catered dinner.

THURSDAY, NOV 8 TEPESQUET CANYON

This year we adding a local favorite ride up and over Tepesquet Canyon. This route was featured in the Tour of California and will give us the opportunity to hone our climbing and descending skills. We will feature a long and short option that includes the climb for all. Plan to join the Coaches Happy Hour to discuss individual questions as we prepare for the Fondo. Dinner on your own.

FRIDAY, NOV 9 HAPPY CANYON RECON

Today is about recovery and pre-event prep. We will recon the start/finish of the Fig Mtn Gran Fondo in Santa Ynez and then head out Happy Canyon. After lunch you will have the opportunity to have any last minute questions answered. Pre ride dinner with Revolution Coaching to top off the fuel tank for tomorrow.

SATURDAY, NOV 10 FIGUEROA GRAN FONDO!

An early start for an epic day in the saddle as you tackle one of the Gran Fondo routes. Your coaches will be with you throughout the day on course along with our own mechanical support. We will gather as a group at the post-ride after party before we ride back to the hotel. You will have time to rest up for the **CAMP AWARDS DINNER** in the evening.

SUNDAY, NOV 11 COFFEE RECOVERY RIDE

We will sleep in a bit today and then make our way to Los Olivos for mid ride coffee stop. After the ride we will pack up, say our goodbyes, group hug, and check out of the hotel by noon. Airport shuttle to Santa Barbara will be available.