



BEAT EXPEDITIONS

# 'Ride to Paris'

BROCHURE

# HIGHLIGHTS



Kick-off: 4 March, 2023



25-28 May 2023



15 spots available



Personalised performance coaching and personalized 12-week training schedule



Amsterdam

Antwerp

Douai

Paris (550 kms)



€1,200.-



Festive dinner and drinks in Paris



Trip including hotels, food, bicycle transfer, and support team

# OVERVIEW



## TRIP AND GUIDANCE

BEAT Expeditions offers the opportunity to cycle to Paris. The total ride is roughly 550kms and it is our challenge to cover this in 3 days cycling. Our highly experienced crew will make sure you will be ready to accomplish this with the best training programme and guidance along the ride.

## ABOUT THE CHALLENGE

We organize a 3-day expedition to Paris that will take place between the 25<sup>th</sup> and 28<sup>th</sup> of May 2023. Please note that no prior experience is needed to sign up for this experience. We got you covered and will make sure you are well prepared before the ride begins.

BEAT Expeditions provides a tailored preparation program to make sure that you arrive at the start in the best possible shape. The preparation program starts with a kick-off event in Amsterdam on the **4<sup>th</sup> of March 2023** where you get to know the rest of the team.

The costs for the trip including the preparation program and kick-off event (but excluding train) are €1200,- per person. You can sign up until the 20<sup>th</sup> of December 2022. If you sign up with a group of at least 2, the costs of this Expedition will be €1150 per person.

### INCLUDED

#### PREPARATION

- Kick-off event in Amsterdam with inspirational speaker (**4<sup>th</sup> of March 2023**)
- Personal intake with BEAT coach
- Physical tests to assess fitness level
- 12-week personalised physical training program based on your goals and fitness level

#### TRIP

- 4-day BEAT Expedition experience including overnight stays and meals
- BEAT Expeditions tour operators
- BEAT Expeditions support bus for:
  - Lunches along the way
  - Technical support and spare gear
- Aftercare: bicycle can be taken back to NL

### NOT INCLUDED

- Return train to the Netherlands
- Personal expenses Paris
- Travel Insurance
- Optional additions to the preparation program (see page 5)

# PREPARATION



## YOUR PERSONAL PROGRAM

For an event as Amsterdam-Paris, preparations are essential. We will make sure that you will be optimally prepared for this upcoming event. We do this in a fun, personal and informative way together with our coach xxx. Of course, you will not face this challenge on your own. With our different events you get the chance to meet the rest of the participants and create a bond. Together with like-minded athletes you will encounter a common goal.

Besides that the coaches will challenge you physically, they will make sure that you learn about the ways of training and the effects that training can have on your body. Also, we will make sure you know everything about nutrition, rest and supportive physical training methods. Most importantly, the training schedule has been tailormade to your personal preferences in the field of available training time, ambition and skill level.

## FITNESS

Are you doubting your own fitness level? Don't worry about that. If you have cycling experience of over a year and are you able to do tours of 100km? Then the coaches will take care of you, your fitness and your performance during Amsterdam-Paris. They will make sure that you appear at the start fully prepared and ready to go.

## INTAKE

In order to be sure that the preparation schedule is perfectly designed for your personal preferences, an intake meeting with our coaches is very important.

On the basis of an intake meeting and a questionnaire the coaches can get a real insight in your level, fitness, needs and ambitions. The meeting can also take place during a little cycling tour, so the coaches can already give you some technical tips. During the preparation period, the coaches will take some interim tests to determine your fitness level. If you choose to do an exercise test, we can use the results in your training schedule.

## TRAINING PROGRAM

On the basis of the intake meeting the coach will compose a personalized 12-week training schedule. This schedule is specifically designed for you and has a fixed structure.

The training period will be started by a kick-off event. On this event, several (Olympic) athletes will teach you more about the programs and you will get to know your coaches for this period.

The schedule contains three periods of four weeks:

1. The first block is focused on building a basic condition (covering distance and make sure your endurance is strong enough for long training rides).
2. In the second block we focus on enhancing your endurance.
3. During the third block we shift the focus to the race.

Your training schedule will be available online via TrainingPeaks. You will be able to view your schedule day by day and you can communicate with the coaches. Your training progress will be uploaded to your calendar through your sports watch or cycling computer.

# EXPEDITION

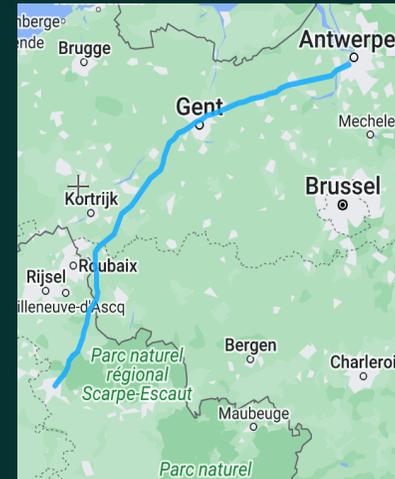


## Day 1 – Amsterdam – Antwerp (170km)



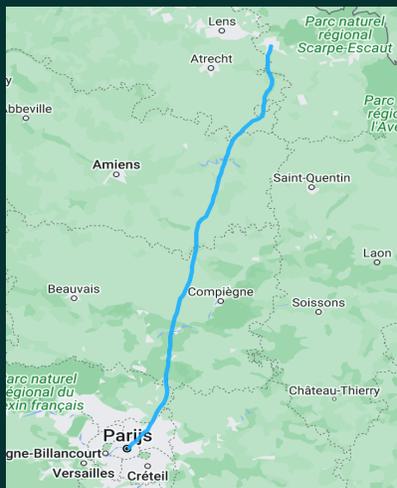
We will depart from Rijksmuseum, Amsterdam. From Amsterdam the tour will go through some nice villages entering the next large Dutch city: Rotterdam, where the lunch will take place. Then from Rotterdam the tour will continue its way to Brabant, and just over the border, Antwerp will be reached. In Antwerp there will be dinner and a briefing for the next day.

## Day 2 – Antwerp – Douai (170km)



After breakfast we will continue our tour to Ghent. There will be a lunch and a moment to enjoy this city. Then the tour will continue to the next destination: Douai, a beautiful little city in Northern France. At night we will have a dinner and a briefing for the following day.

## Day 3 Douai – Paris (205km)



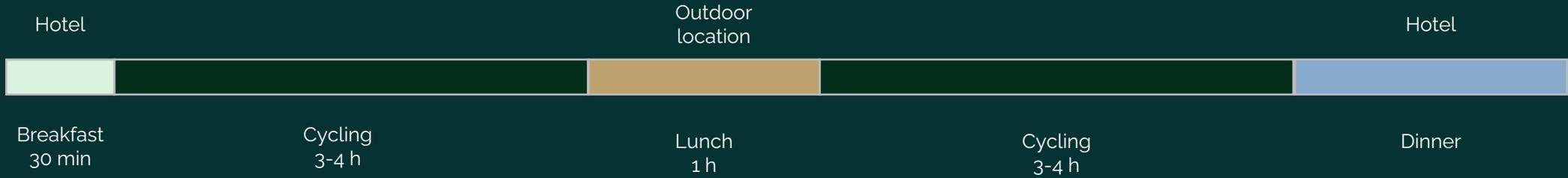
Leaving Douai in the morning, the tour continues through the beautiful northern French farmers land, and beautiful little villages. The lunch will take place in a little village called Roye. Next, we will arrive at our final destination: Paris. In this magnificent city we will have a festive dinner and a drink afterwards to celebrate this victory with the whole group.

## Day 4 – Paris – Amsterdam



After waking up from a good night's sleep, all participants are free to roam the streets of Paris and return home, proud of this amazing achievement. The bicycles will be taken care of by the BEAT team.

# DAILY SCHEDULE



- The day will start with breakfast at the hotel and a short briefing about the route of the tour
- The first stint of cycling will be around 3-4 hours
- Lunch will be served at a beautiful location in nature

- Second stint of around 4-6 hours
- Dinner at the hotel
- Throughout the day there will be energy gels and high protein foods available for all contestants



# PRACTICAL INFORMATION



## INCLUDED

- Performance plan to get fit for the expedition
- 3 nights in a hotel
- 3x dinner, lunch and breakfast
- Bus with cycling equipment and lunch
- 1 BEAT Expeditions clinic by a pro cycling athlete
- BEAT Merchandise
- Use of technical equipment

## NOT INCLUDED

- Personal insurance
- Transfer from Paris to Amsterdam
- Drinks and personal expenses in Amsterdam, Antwerp, Douai and Paris
- Rental of own equipment

## PAYMENT

After signing up we request you to pay a deposit of 10% (€120,-). When we have sufficient registrations (+6 participants), we will send you a final booking confirmation. After final booking confirmation we will send you an invoice for the remainder of the costs. We will ask you to complete the payment within 21 days.

## CANCELLATION

In case you decide to cancel before your final booking confirmation we will return your deposit. However, in case you decide to cancel after receiving the final booking confirmation but before the kick-off event in March 2023, we will return 90% of your payment.

In case you decide to cancel after the kick-off event but before 21 days before departure, we will return 50% of your payment.

Please note that we won't be able to refund costs for the preparation program and opening event.

## BOOKING

Enthusiastic about this amazing cycling tour?

Great! Please send us an email that includes your name, phone number, relevant cycling experience and one sentence why you want to be part of the expedition. We then contact you to have an introduction phone call.



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