

My experience: Frans den Oudsten



The ATOS cycle tour from Paris to Eindhoven is not just a few miles of cycling...

With a distance of 470 kilometres and 4400 meters of altitude the AtosTour is serious business. Although cycling in a peloton and being guided by motards, you still need the pedal your own bike.

After participating in “*De Lichtstadtoer*” (“*City of Lights tour*”) for a few years I have experienced all sorts of weather conditions. You may be lucky to have tailwind but you may also experience front wind or even worse: wind from aside. Under these circumstances the peloton will not provide too much shelter. Some tours have been sunny and comfortable but in others we have been cycling in the rain for hours. This requires maximum concentration and you will burn lots of calories.

The AtosTour is not a ride you can do “on the side”. You need to be in optimal physical and mental condition. Is the AtosTour still fun to do? Yes it is!! But only if you are prepared and well trained.

Although everybody is different, I would advise at least the following training schedule:

- Cycle approximate 3.500 – 4.000 km annually (training rides and tours – 2/3 times a week)
- Start your training and with regular rides in **March**
- Increase the distance month by month from (75 km in March till 150+ in August)
- If possible, participate in a long distance (200+ km) peloton tour
- Or include at least a tour or own ride of over 200 km in your training schedule
- Participate in at least 2 (classic) tours of 150+ km with hills (like Zuid Limburg, Flanders, Ardennes)
- Do not take too much rest when you plan your holidays in August. Try to continue riding your bike

Kind regards, Frans