



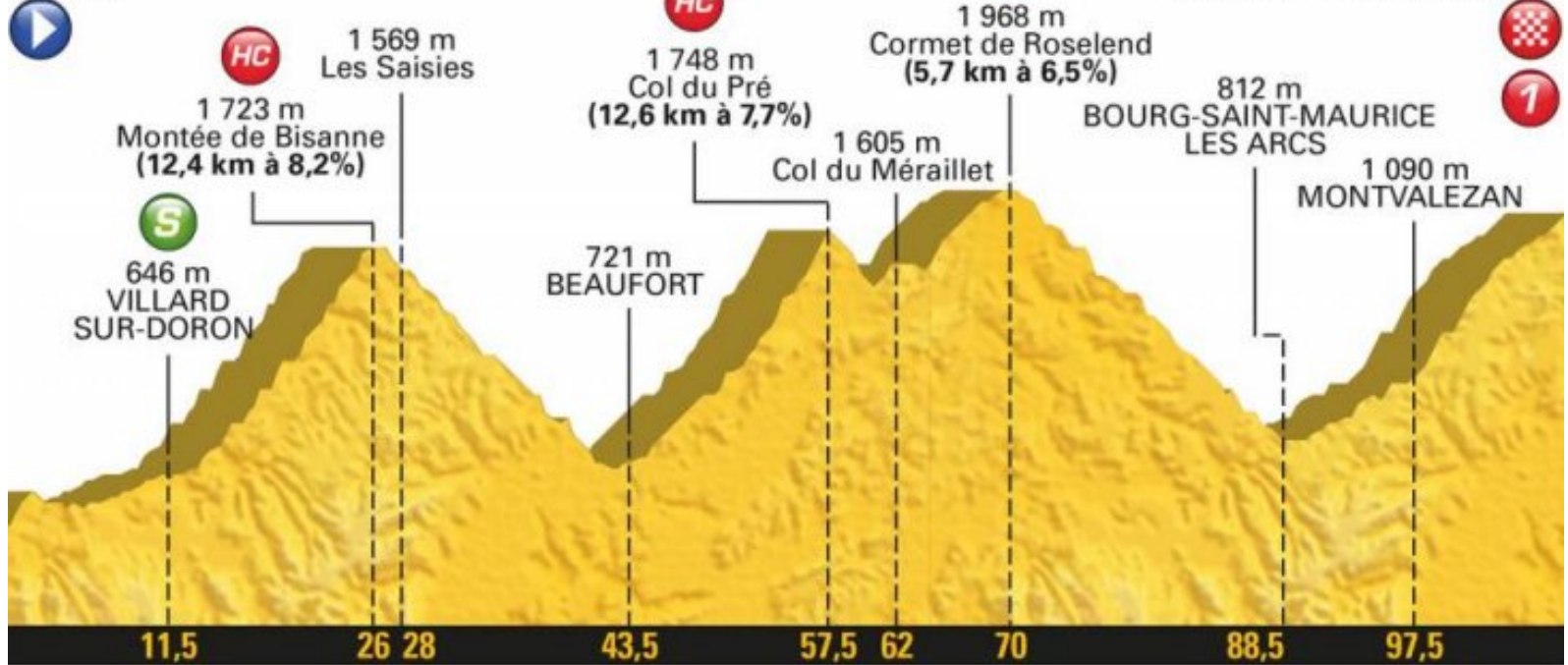
ALBERTVILLE

441 m



LA ROSIÈRE

1 855 m - (17,6 km à 5,8%)



SAVOIE

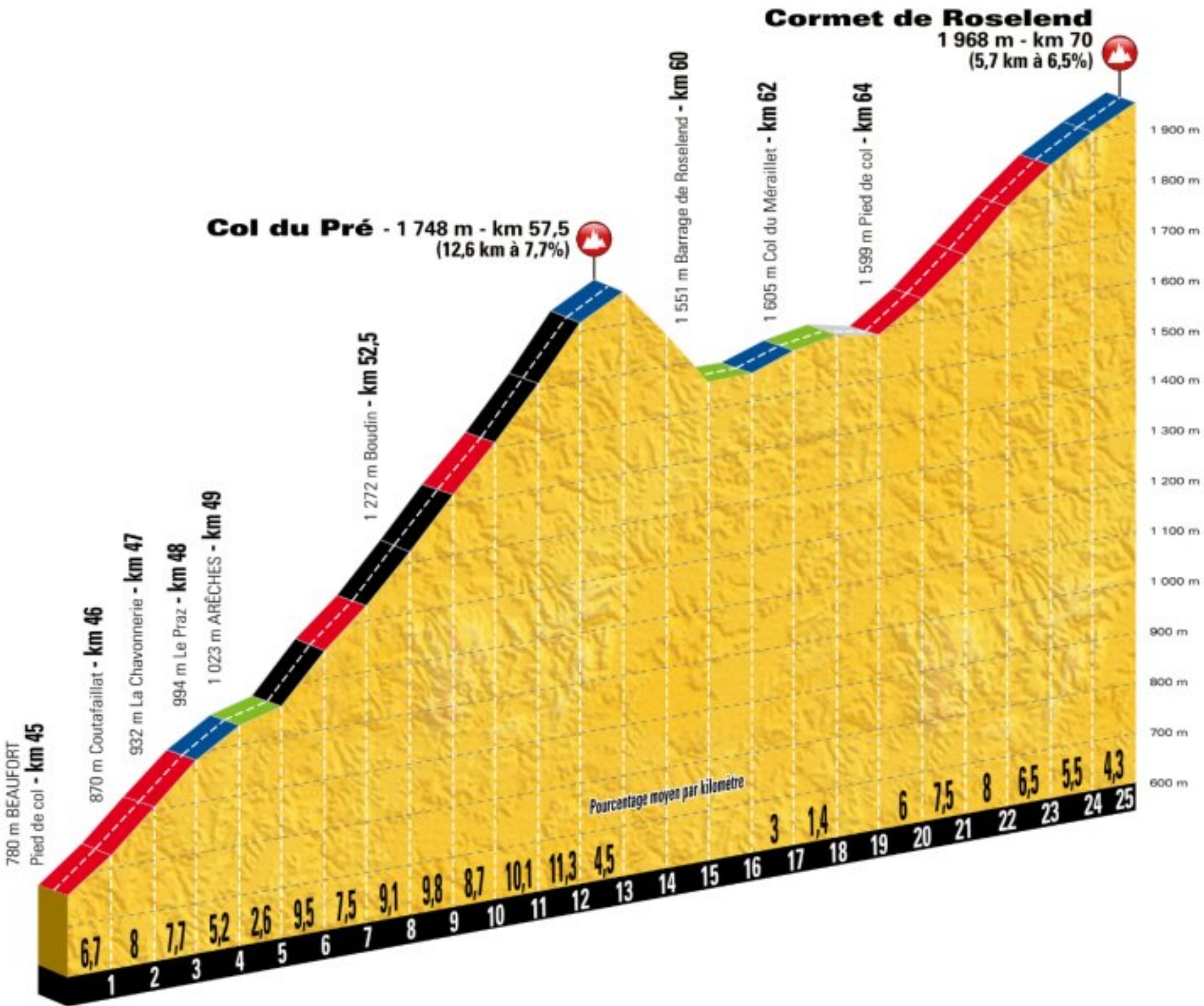
0

108,5 km

Montée de Bisanne - 1 723 m

km 26 - (12,4 km à 8,2%)

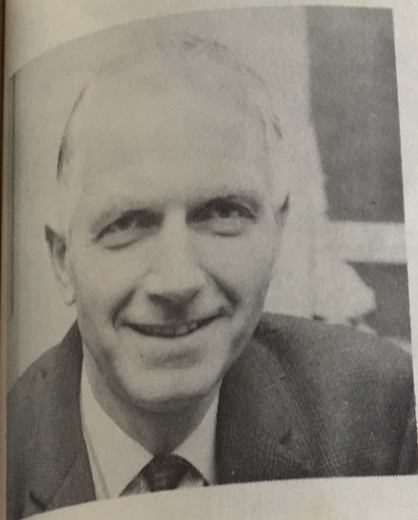






TRAINING FOR ROAD RACING by TOM SIMPSON

Britain's most successful Road Rider
Professional World Champion 1965



Foreword by Jock Wadley
Editor 'International' Cycle Sport.

Among my souvenirs of a lifetime spent in cycling sport is a letter written by a 16-year-old enthusiast asking the great French rider Charles Pelissier for advice on training. I helped Monsieur Pelissier reply to the lad who signed his letter 'Yours in sport, Thomas Simpson, Harworth & District C.C.' That young fellow 11 years later was professional road champion of the world.

'How did he do it?' many have asked. I think that letter goes a long way towards giving the answer. Young Tom knew that there were hundreds of cyclists in the world with the physical qualities to reach the top, but that only those who knew the right way to train would succeed.

I had the privilege of being close to Tom Simpson during many of his greatest rides, but I firmly believe that he won those great victories not so much in the race itself as—to alter slightly a well-known advertisement—during the week before. In other words Tom triumphed in world championship, 'Tour de France' and 'classic' races through the thoroughness of his training.

The broad outline of Tom's training programme are admirably outlined in the following article. The ambitious young rider who follows it will have a priceless advantage over the 16-year-old who wrote to Charles Pelissier many years ago. Poor Tom died because he was forced to use drugs to keep ahead of inferior riders who had resorted to this malpractice. His death speeded up official action against the menace. Tomorrow's champion will be the rider who gets there on nothing but ability, deduction—and hard training.



BAGNÈRES-DE-LUCHON

643 m



SAINT-LARY-SOULAN

2 215 m - Col du Portet (16 km à 8,7%)

Souvenir Henri Desgrange 



1 569 m
Col de
Peyresourde



1 645 m
Montée de
Peyragudes
(14,9 km à 6,7%)



945 m
LOUDENVIELLE

1 580 m
Col de Val Louron-Azet
(7,4 km à 8,3%)



880 m
SAINT-LARY-SOULAN

1 489 m
Espiaube

13,5 15

27,5

37

46,5

56

65

HAUTE-GARONNE

HAUTES-PYRÉNÉES

0

65 km

COMMUNIQUE DE L'ORGANISATION



Pour la 11^e étape Albertville – La Rosière Espace San Bernardo , les délais d'arrivée seront augmentés de 2% par tranche de moyenne horaire.

L'article 22 / DELAIS D'ARRIVEE (coefficient 5) est modifié comme ci-dessous :











- 12 % si la moyenne kilométrique est inférieure ou égale à 29 km/h ;
- 13 % au-delà de 29 km/h jusqu'à 30 km/h ;
- 14 % au-delà de 30 km/h jusqu'à 31 km/h ;
- 15 % au-delà de 31 km/h jusqu'à 32 km/h ;
- 16 % au-delà de 32 km/h jusqu'à 33 km/h ;
- 17 % au-delà de 33 km/h jusqu'à 34 km/h ;
- 18 % au-delà de 34 km/h jusqu'à 35 km/h ;
- 19 % au-delà de 35 km/h jusqu'à 36 km/h ;
- 20 % au-dessus de 36 km/h.

A titre d'information, cette augmentation de 2% des délais d'arrivée correspond à environ 4 minutes de délais supplémentaires.





Top-10 on Stage 11 #TDF2018

RANK	RIDER	RIDER NO.	TEAM	TIMES	GAP	B	P
1	 GERAINT THOMAS	8	TEAM SKY	03H 29' 36"	-	B : 10"	-
2	 TOM DUMOULIN	32	TEAM SUNWEB	03H 29' 56"	+ 00H 00' 20"	B : 6"	-
3	 CHRIS FROOME	1	TEAM SKY	03H 29' 56"	+ 00H 00' 20"	B : 4"	-
4	 DAMIANO CARUSO	83	BMC RACING TEAM	03H 29' 58"	+ 00H 00' 22"	-	-
5	 MIKEL NIEVE ITURRALDE	68	MITCHELTON - SCOTT	03H 29' 58"	+ 00H 00' 22"	-	-
6	 DANIEL MARTIN	91	UAE TEAM EMIRATES	03H 30' 03"	+ 00H 00' 27"	-	-
7	 JESUS HERRADA	204	COFIDIS, SOLUTIONS CREDITS	03H 30' 33"	+ 00H 00' 57"	-	-
8	 ROMAIN BARDET	21	AG2R LA MONDIALE	03H 30' 35"	+ 00H 00' 59"	-	-
9	 VINCENZO NIBALI	51	BAHRAIN - MERIDA	03H 30' 35"	+ 00H 00' 59"	-	-
10	 NAIRO QUINTANA	71	MOVISTAR TEAM	03H 30' 35"	+ 00H 00' 59"	-	-

General Classification



1	G. THOMAS	8	44h 06' 16"
2	C. FROOME	1	+ 01' 25"
3	T. DUMOULIN	32	+ 01' 44"
4	V. NIBALI	51	+ 02' 14"
5	P. ROGLIC	166	+ 02' 23"
6	S. KRUIJSWIJK	161	+ 02' 40"
7	M. LANDA MEANA	75	+ 02' 56"
8	R. BARDET	21	+ 02' 58"
9	N. QUINTANA	71	+ 03' 16"
10	D. MARTIN	91	+ 03' 16"