



# THE TOUR DE FRANCE CARDIO CHALLENGE



**FOX FITNESS  
TRAINING**

*The Tour De France is the most famous bicycle race in the world.  
In 21 days of racing, participants burn an average of 123 900 calories,  
the equivalent of 35.4 lbs of fat! Now you can race your way into shape!*

Date	Duration	Resistance	Distance/Total	Race Check Points
1.				<b>START Strasbourg:</b> Headquarters of the Council or Europe, and European Parliament. <a href="http://www.strasbourg.fr">www.strasbourg.fr</a>
2.				<b>191.6 Km, Obernai:</b> At the foot of Mt. Saint-Odile, popular for its old mansions and market square. <a href="http://www.obernai.fr">www.obernai.fr</a>
3.				<b>420.1 Km, Esch-sur-Alzette:</b> A commercial and steel center in the country of Luxembourg. <a href="http://www.esch.lu">www.esch.lu</a>
4.				<b>636.6 Km, Valkenburg:</b> A pleasant resort town nestled in the Dutch Alps. <a href="http://www.valkenburg.nl">www.valkenburg.nl</a>
5.				<b>843.6 Km, Saint Quentin:</b> A communications hub situated on the river Somme. <a href="http://www.ville-saintquentin.fr">www.ville-saintquentin.fr</a>
6.				<b>1068.6 Km, Caen:</b> A town of abbeys which preserves the memory of William the Conqueror. <a href="http://www.ville-caen.fr">www.ville-caen.fr</a>
7.				<b>1257.6 Km, Vitré:</b> Has preserved its historical style of buildings, giving a medieval appearance. <a href="http://www.maire-vitre.com">www.maire-vitre.com</a>
8.				<b>1309.6 Km, Rennes:</b> A town at the leading edge of technology, famous for its half-timbered houses. <a href="http://www.rennes.fr">www.rennes.fr</a>
9.				<b>1490.6 Km, Lorient:</b> A fishing and military port with a submarine base. <a href="http://www.lorient.com">www.lorient.com</a>
10.				<b>1660.1 Km, Dax:</b> Renowned for its monumental cathedral, and hot water springs. <a href="http://www.dax.fr">www.dax.fr</a>
11.				<b>1850.6 Km, Pau:</b> At the foot of the Pyrenees mountains. Birthplace of King Henry IV. <a href="http://www.pau.fr">www.pau.fr</a>
12.				<b>2057.1 Km, Val d'Aran Pla-de-Beret:</b> A winter resort near a national park, and the Port of Bonaiga. <a href="http://www.aran.org">www.aran.org</a>
13.				<b>2268.6 Km, Carcassonne:</b> The largest fortress in Europe, with a breathtaking medieval site. <a href="http://www.carcassonne.fr">www.carcassonne.fr</a>
14.				<b>2498.6 Km, Montélimar:</b> The capital of nougat, and home of a former feudal fortress. <a href="http://www.ville-montelimar.com">www.ville-montelimar.com</a>
15.				<b>2679.1 Km, Gap:</b> The highest point of elevation in France, boasts exceptional sunshine. <a href="http://www.ville-gap.fr">www.ville-gap.fr</a>
16.				<b>2866.1 Km, L'Alpe d'Huez:</b> A mountain stage through the Alps. Brings out the most spectators. <a href="http://www.alpeduez.com">www.alpeduez.com</a>
17.				<b>3048.6 Km, La Toussuire Les Sybelles:</b> A winter sport resort, and cradle of skiing in France. <a href="http://www.la-toussuire.com">www.la-toussuire.com</a>
18.				<b>3248.6 Km, Morzine-Avoriaz:</b> At the focal point of six wooded valleys. <a href="http://www.morine-avoriaz.com">www.morine-avoriaz.com</a>
19.				<b>3445.6 Km, Mâcon:</b> A river port and economic hub. <a href="http://www.macon.fr">www.macon.fr</a>
20.				<b>3502.6 Km, Montceau-les-Mines:</b> A mining town surrounded by hills and forests. <a href="http://www.montceauxlesmines.fr">www.montceauxlesmines.fr</a>
21.				<b>3657.1 Km, Paris:</b> It's cobblestone roads and scenic monuments provide a climactic finish. <a href="http://www.paris.fr">www.paris.fr</a>
22.				<b>TRES BIEN!</b>
23.				
24.				
25.				

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*The Tour De France was formed in 1903 as a publicity event for the newspaper L'Auto. It was an immediate success, as the newspaper's circulation increased by 300% that year! The Maillot Jaune is a yellow jersey worn by the leader of the race. The Lanterne Rouge is the nickname for the rider in last place. Finishing last is considered to be very prestigious, with much profit to be gained through publicity. So remember: No matter how bleak a situation seems, with a little creativity you can make the best of it!*

## ★ Instructions:

- Record your cycling workouts, and correlate your total distance to the race check points.
- *The Warp Speed Option:* For beginners, consider dividing the distances by 10.  
For example, the total race distance would go from being 3 657.1 km to a more manageable 365.71 km. (Just move the decimal one spot to the left)

## ★ Inspire others to join your race group!

Consider the motivation of inviting others to join you in the race!  
Have your own "Maillot Jaune" or "Lanterne Rouge"  
Encourage each other to try to take the lead, and consider prizes and rewards for top finishers.

## ★ Your Cardio Activity Options:

- Cycling outdoors (Map out distance or use a bike odometer to measure progress)
- Upright Stationary Bikes
- Recumbant Stationary Bikes
- SPIN Class (worth 25 km per class)

## ★ CHECKLIST FOR OUTDOOR CYCLING SAFETY:

- ☐ Watch out for oil slicks, banana peels, and other slippery surfaces.
- ☐ Don't ride in the dark: When the street lights go on, you come home.
- ☐ Walk alongside your bike when crossing a street - this gives people more time to admire that shiny new bicycle!
- ☐ Always use your hand signals:
  - *Left Turn:* Left arm straight out, as if to "clothesline" oncoming traffic.
  - *Right Turn:* Left arm out, and elbow bent up as if to give a "high-five".
  - *Stop:* Left arm out, and elbow bent down as if to give a "low-five" behind your back.
- ☐ Unless you have a large afro, a bike helmet is mandatory to protect your head.
- ☐ Don't become a taxi service: No escorting people around on the handlebars of your bike.
- ☐ Resist the temptation to hang on to moving vehicles - it's not as easy as it looks in the movies.
- ☐ Use a bike that fits appropriately. As fun as they are, miniature circus bicycles are just plain dangerous!
- ☐ Don't leave home without your waterproof cycling booties.

## ★ Conversion Chart:

- 1 Mile = 1.61 Kilometers / 1 Kilometer = .62 Miles

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Tour De France and associated geographical information retrieved from both [www.wikipedia.org](http://www.wikipedia.org) and [www.letour.fr](http://www.letour.fr) on Aug. 15/06