

Week “So much BIKE Movement”

This program is mainly dedicated to the Movement, nevertheless with the second aim to analyse and develop the spiritual and emotional aspects connected to the Movement itself. Throughout the day we will pay attention to fatigue, nutrition, breaks, elements of competition, effort management. **We will try** to pedal without the aid of instruments and with the least sophisticated foods possible, **we will experience** the ability of our internal indicators and sensors to feel and understand **fatigue, tiredness, autonomy and to manage nutrition, hydration, rest and recovery**. Every evening we will share a "FEEDBACK" moment to better understand how our "spiritual system" interacts with our "psychophysical system".

It is a program without extreme difficulties but with climbs and important distances, therefore **only** for Bikers trained to: 150 km per day with 2000 meters of positive altitude difference, average slopes of 10-12% and maximum slopes of 17%. Road bikes. Asphalted paths mainly on low traffic roads.

Are you used to meditate? If not, you will be given a basic technique

SCHEDULE

SUNDAY EVENING: arrival & knowledge

MONDAY: Meditation Theory - "Simplified" Meditation Practice
Climb Monte Corno (80 km / 1200 m positive altitude difference)
Wellness Theory - Feedback

TUESDAY: Meditation
Valstagna Foza Enego (120 km / 1500 m positive altitude difference)
Wellness Theory - Feedback

WEDNESDAY: Meditation
walk - rest
Wellness Theory - Feedback

THURSDAY: Meditation
Monte Grappa (choice of the climb) (100-120 km / 2000-2200 m positive altitude difference)
Wellness theory - Feedback

FRIDAY: Meditation
Menador (150 km / 1600 m positive altitude difference)
Wellness theory - Feedback

SATURDAY: Meditation

Barricata (130 km / 1600 m positive altitude difference)

Conclusions

SATURDAY EVENING or SUNDAY MORNING: departure

Max 5 participants

Costs € 1,000

- *Course available in Italian and English (with advance notice)*
- *Breakfast free - on request*
- *Free hospitality available - "bivouac" accommodation*
- *Possibility to prepare meals together with offered ingredients*