

preparing for your challenge:

# training for your cycling challenge

## on yer bike – finding the right ride

The bike you use for the challenge is likely to be mountain bike. If you can find a mountain bike for your training it will set you in very good stead for the main event.

Before you get on the bike make sure it's fitted properly. If it has been a while since you last rode it, we strongly recommend having it serviced with your local bicycle specialists.

### Here are some things to watch out for:

**Tyres:** These should be properly inflated, have a good tread and be free from cracks or other signs of damage.

**Wheels:** Nuts or quick-release mechanisms should be tight and secure.

**Saddle and Seat Post:** You'll need to make sure the stem is fastened tightly and that your seat is both horizontal and set at the correct height. As a guide, the saddle should

be adjusted until you can stretch your leg right out and comfortably place the ball of your foot on the ground.

**Chain:** Check that your chain turns smoothly through your front and rear sprockets, and that it doesn't rub against the derailleurs, or make a grinding noise.

**Gears and Shifters:** The chain should move freely when moving between gears. Check this by turning the bike upside down and turning the pedals whilst changing gears. Any clunking sounds or chain slippages should be dealt with by your local repair shop.

**Brakes and Levers:** Test your brakes by gently squeezing the brake lever. The brake pads should apply pressure quickly and smoothly to stop the wheels turning immediately.

**Punctures:** Make sure you know how to repair a punctured tyre, especially if you're going to be riding solo during your training. Ask someone to give you a lesson or look it up on YouTube.



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SUGGESTED TRAINING PROGRAMME			
When	Monthly Goals	Weekly Cycle Training	
Month <b>1</b>	<p><b>Reach a 20-mile goal by the end of the month</b></p> <ul style="list-style-type: none"> <li>• Complete at least 1 outdoors cycle <b>every week</b></li> <li>• Complete at least 2 aerobic exercises <b>every week</b></li> <li>• Increase your overall fitness with spinning, walking, swimming, etc.</li> </ul>	5 miles	<input type="checkbox"/>
		10 miles	<input type="checkbox"/>
		15 miles	<input type="checkbox"/>
		20 miles	<input type="checkbox"/>
Month <b>2</b>	<p><b>Reach a 30-mile-with-hills goal by the end of the month</b></p> <ul style="list-style-type: none"> <li>• Build in hills and strength sessions</li> <li>• Complete at least 1 outdoors cycle of 10 miles or more <b>every week</b></li> <li>• Complete 1 aerobic exercise of 30 mins <b>every week</b></li> <li>• Complete 1 strength session of 30 minutes <b>every week</b></li> </ul>	10 miles	<input type="checkbox"/>
		15 miles	<input type="checkbox"/>
		25 mile ride with hills	<input type="checkbox"/>
		30 mile ride with hills	<input type="checkbox"/>
Month <b>3</b>	<p><b>Reach a 35-mile-with-hills goal and increase your endurance</b></p> <ul style="list-style-type: none"> <li>• Spend more time on your bike</li> <li>• Complete at least 1 outdoor ride of a minimum of 20 miles <b>every week</b></li> <li>• Complete 1 aerobic exercise of 30 mins <b>every week</b></li> <li>• Complete 1 strength session of 30 minutes <b>every week</b></li> </ul>	20 miles	<input type="checkbox"/>
		25 miles	<input type="checkbox"/>
		30 mile ride with hills	<input type="checkbox"/>
		35 mile ride with hills	<input type="checkbox"/>
Month <b>4</b>	<p><b>Complete 2 x 40-mile rides, back-to-back, in 2 days</b></p> <ul style="list-style-type: none"> <li>• Practise 2 days' cycling back-to-back to start building your endurance levels</li> <li>• Complete at least 1 outdoor ride of a minimum of 20 miles <b>every week</b></li> <li>• Complete 2 strength training sessions of 30 mins <b>every week</b></li> </ul>	30 miles	<input type="checkbox"/>
		35 miles	<input type="checkbox"/>
		40 mile ride with hills	<input type="checkbox"/>
		2 x 40 miles	<input type="checkbox"/>
Month <b>5</b>	<p><b>Reach a 50-mile goal by the end of the month</b></p> <ul style="list-style-type: none"> <li>• Complete 2 x 40-mile rides back-to-back</li> <li>• Get longer runs in as there will be plenty on the event</li> <li>• Complete at least 1 outdoor ride of a minimum of 25 miles <b>every week</b></li> <li>• Complete 2 strength training sessions of 30 mins <b>every week</b></li> </ul>	30 mile ride with hills	<input type="checkbox"/>
		2 x 40 mile ride with hills	<input type="checkbox"/>
		50 miles	<input type="checkbox"/>
		2 x 40 miles	<input type="checkbox"/>
Month <b>6</b> Final Month	<p><b>Reach a 55-mile-and-hilly goal at the start of the month</b></p> <ul style="list-style-type: none"> <li>• Keep up endurance training for the first 2 weeks</li> <li>• Taper off in the last 2 weeks to rest your legs</li> <li>• Complete 2 back-to-back rides in week 3 and 4</li> <li>• Complete 1 aerobic exercise of 30 mins <b>every week</b></li> <li>• Complete 1 strength session of 30 minutes <b>every week</b></li> </ul>	55 mile hilly ride	<input type="checkbox"/>
		45 miles	<input type="checkbox"/>
		2 x 20 miles	<input type="checkbox"/>
		2 x 15 miles	<input type="checkbox"/>

stick this on your fridge!

your dream challenge