



CYCLE TRAINING GUIDE



TOUGH



INTENSE



EXTREME

for challenge grades:



DISCOVER
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This 15-week guide assumes a relatively good level of fitness and cycling experience already, allowing you to progress steadily to the level required for these challenge grades.








If you require a more moderate start to your training, ask for our Grade 1-2 Training Guide, and allow plenty more time.

TRAINING DIARY

WEEK 1 | Bike Set-up and exercising over consecutive days

KEY FOCUS

1. Bike sizing and safety
2. Consecutive days in the saddle
3. Positioning your hands








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	CROSS	FLEXIBLE	REST	OUTDOOR	OUTDOOR
TIME	-	1 hr	1 hr	-	-	1-2 hrs	2-3 hrs
SESSION DETAIL	<p>Everybody hates Mondays - we have therefore built this in as a rest day!</p> <p>Rest days need to be built into your training week as this is when we recover and build muscle.</p>	<p>Don't over-do this first ride; build up gently.</p> <p>Winter is an especially hard time to get back on the bike, especially in the evenings. If you prefer not to head out on the road, use a turbo trainer or a gym bike, or go to a spinning class.</p> <p>Outside: Aim for 10-16km (6-10 miles)</p> <p>Inside: Add at least 5km (3 miles) to the above, or a 1-hour spinning class</p>	<p>Choose an activity to raise your pulse, but nothing too strenuous! An hour's walk can achieve this, or a gentle swim.</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	<p>Recover and build muscle.</p> <p>Use this time to check your bike is road-ready or plan a new training route.</p>	<p>There is no greater bike training than time spent in the saddle.</p> <p>Go for a ride in your local area. Try making it a mixture of hills and flat sections.</p> <p>Try aiming for 20-30km (12-18 miles) for this ride.</p> <p>Cadence: 70-85rpm</p> <p>Make a note of how far and how long your ride was.</p>	<p>One of the best ways to prepare for a multi-day tour is to get your bottom used to being on the saddle.</p> <p>Go for a different ride to yesterday. If possible, make it easier terrain, but a longer distance.</p> <p>Ride 40-50km (25-30 miles)</p> <p>Cadence: 70-85rpm</p>
TIPS & TRICKS	<p>Plan your training diary</p> <p>Avoid changing the rest days as they have been built in to allow your body time to adapt to the training.</p> <p>Tip - If your cycle challenge is outside Europe, it's possible you'll be riding a mountain bike. Training on a similar bike will prepare you best: the riding position is quite different to a road bike. Distances in this guide can be reduced by 20% when riding a mountain bike.</p>	<p>Whether on your bike or on a gym bike, ensure the bike is sized properly for you. If you're not sure how to do this check out our online tutorial.</p> <p>Tip - Training with a bike set up incorrectly can cause injuries that will hinder your training.</p> <p>Tip - An hour inside is worth two hours outside for fitness gains, but time on your bike on the road is better in so many other ways.</p>	<p>Tip - Avoid the bike on this one to work some different muscles and give your bottom a break.</p> <p>Trick - build some time in to do some stretches - as we increase the amount of exercise we are doing, stretching will help prevent injuries.</p>	<p>Tip - This week's focus is on doing 2 consecutive days of riding. If you need to change the days around don't do more than 4 days in a row.</p>	<p>Watch our bike safety M check video online.* Doing this regularly will help to avoid riding a bike that isn't road-safe, and will help to increase the lifespan of your bike.</p> <p>Tip - Plan tomorrow's ride and get your kit ready. If all your kit is ready the night before it'll help motivate you to get out the door.</p> <p><i>*You can find our online tutorials in the video gallery of the Cycle Training Weekend on our website</i></p>	<p>Cadence: This is simply how fast your legs go around. Too fast and you're working inefficiently, burning more energy than is needed. Too slow and you'll over-strain your knees. Use your gears to try and maintain a constant cadence.</p> <p>Trick - Cycle shorts with a good chamois will become your new best friend. Chamois cream will become your new life partner.</p>	<p>Tip - Concentrate on your hand positioning. Drop handlebars give you more options than straight handlebars. On the flat, ride either on the hoods if taking it easy, or on the drops to be more aerodynamic and efficient, especially on long flat stretches.</p> <p>Alternating between the two positions changes your posture, thereby improving comfort and reducing fatigue.</p> <p>Tip - If you want people to ride with, try to find a local club with weekend club runs.</p>

TRAINING DIARY

WEEK 2 | Reading the road ahead and efficiency

KEY FOCUS

1. Increase confidence riding on the road
2. Improve your understanding of safe road riding








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	CROSS	FLEXIBLE	REST	OUTDOOR	OUTDOOR
TIME	-	1 hr	1 hr	-	-	1-2 hrs	2-3 hrs
SESSION DETAIL	<p>Recover and feel smug having completed your first week's training.</p> <p>Many people on our rides use cleats or SPDs, clipping their feet to the bikes. If you are thinking of doing so, now is the time to start practicing.</p>	<p>Keep aiming to do this session outside where possible.</p> <p>Outside: Aim for 10-16km (6-10 miles)</p> <p>Inside: Add at least 5km (3 miles) to the above, or a 1-hour spinning class</p>	<p>Get out there and do something again today, either before work, at lunch time or after work. Aim to raise your pulse but not get massively sweaty!</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	<p>Keep up the rest and plan your ride for the weekend!</p> <p>If your trip has a Facebook page it's a great way of connecting with other people on your ride and comparing training tips.</p>	<p>Time for our second weekend of bike sessions. Try to avoid doing the same route over and over again as it will be hard to motivate yourself week after week.</p> <p>Try aiming again for 20-30km (12-18 miles) Cadence: 70-85rpm.</p> <p>Make a note of how long it takes you and compare it to last week.</p>	<p>Find a hilly route for today's section and practice reading the road.</p> <p>Try to use a mixture of long, gradual and short, sharp climbs in your training.</p> <p>Ride 40-50km (25-30 miles) Cadence: 70-85rpm</p>
TIPS & TRICKS	<p>Read your itinerary for your trip to inspire you for your 2nd week of training.</p> <p>If parts of your trip are off-road, plan some routes on wide gravel or dirt tracks to gain experience.</p> <p>If you are heading out on the roads in the evenings please ensure you have lights and high vis clothing!</p> <p>Visit: British Cycling's online Ridesmart pages for a video tutorial on safe road riding.</p>	<p>Tip - If you are nervous about trying cleats use them on a turbo trainer first to get used to clipping in and out.</p> <p>Don't worry if you don't want to use them.</p> <p>Trick - If you aren't using SPDs make sure your feet are placed correctly on the pedal. The balls of your feet should be placed on the pedals.</p>	<p>Tip - Why not try yoga or pilates - great for core strength and flexibility!</p>	<p>Reflect - on the kit you need with you out on a ride.</p> <p>On any ride you want to make sure you not carrying too much but at the same time are prepared for all that British weather can throw at you. Try to fit what you need in your cycle jersey pockets.</p>	<p>Tip - give your bike a clean, it increases the bike's lifespan and we kid you not - a clean bike actually is faster!!</p>	<p>Tip - Cycling is all about efficiency, this is why cyclists wear lycra to avoid wind drag.</p> <p>Efficiency is also about reading the road ahead - eg spotting a small hill at the end of a descent and putting a bit of effort in will aid your momentum over it.</p> <p>Trick - Reading the road ahead will also prevent you from getting trapped in traffic behind parked cars or potholes; signal early and pull out, maintaining your speed.</p>	<p>Tip - Hand positioning is important on hills too. When ascending, your hands should be on the hoods or the middle of the bars. This helps open your lungs, helping you take on more oxygen.</p> <p>When descending, put your hands down on the drops to lower your centre of gravity, increase your stability and therefore control, It also makes it easier to apply the brakes.</p>

TRAINING DIARY

WEEK 3 | Riding position, climbing and descending

KEY FOCUS

1. Thinking about nutrition
2. Increase confidence descending
3. Tricks for climbing hills








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	CROSS	FLEXIBLE	REST	OUTDOOR	OUTDOOR
TIME	-	1 hr	1 hr	-	-	1-2 hrs	2-3 hrs
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	<p>If venturing outside - incorporate a hill into your ride that takes about 5 mins to climb.</p> <p>Outside: 10-16km (6-10 miles)</p> <p>Inside: Add at least 5km (3 miles) to the above, or a 1-hour spinning class</p> <p>Some gym bikes have a hill setting - if it does put a 10% hill into your session for about 5 mins.</p> <p>On a turbo - increase resistance for 5 mins of your work out.</p>	<p>This may not feel like much but this session really helps build your aerobic endurance.</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	Rest, Relax & Recover	<p>Try aiming again for 20-30km (12-18 miles) for this ride.</p> <p>Cadence: 70-85rpm</p> <p>Make a note of how long it takes you and compare it to last week. Improvement is gradual, but logging your times allows you to track it.</p>	<p>Today is about hills - hopefully you'll have a variety in your area.</p> <p>Don't go for anything too steep, but build some long gentle hills into your ride.</p> <p>Try aiming again for 40-50km (25-30 miles) for this ride. Add 10km (6 miles) if there are no hills nearby.</p> <p>Cadence: 70-85rpm</p>
TIPS & TRICKS	<p>Tip - Remember to reduce distances by 20% if riding a mountain bike.</p>	<p>Tip - think about your diet.</p> <p>You can spend thousands on a lighter bike, but losing body weight is free! Regular training inevitably helps with weight loss so there's no need to embark on a strict diet, but try to be more aware of maintaining a good diet as you train. On a long or steep hill you'll be more aware of extra weight, and wish you didn't have it!</p>	<p>Tip - Try finding an activity you enjoy and use it as a reason to try new things.</p> <p>Trick - This session could be done over a lunch-time, be it a walk or a jog.</p>	<p>Food - Nutrition can be key to cycling success. The night before a longer ride try to eat carbohydrates as they will give you energy.</p> <p>Avoid using energy gels when riding as they give you short-term energy boosts, but give you a sugar come-down after. They can also give you stomach upsets if you are not used to them. Flapjack is much better (and tastier) when out and about - jelly babies also work well!</p>		<p>Tip - Nervous about downhills? The key is to relax and get your hands on the lower bars. Have your hands covering the brakes so you can brake gently. Gain confidence on straight descents first.</p> <p>Try lifting your bottom off the saddle a fraction - it will help you balance the bike better.</p> <p>Trick - Want some help in person? We have training rides you can attend that give you the opportunity to ask all of those niggling questions.</p>	<p>Tip - Everyone has a preferred climbing style. Sit or stand, forward or back on the saddle. Aim for seated where possible and a cadence above 70rpm. You can always go for a bit of a stand to relieve the pressure off your bottom, and then sit again. Efficient pedalling while climbing will help to save energy.</p> <p>Trick - Selecting the correct gear is essential for getting up hills. There is no shame in using the lowest gear. Get into it early - don't 'save' it for later as you'll use up unnecessary energy.</p>

TRAINING DIARY

WEEK 4 | Rest week – with a bit of cycling

KEY FOCUS

1. Rest, Relax and Recover
2. Re-focus on gears
3. Re-focus on reading the road

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	REST	CROSS	REST	FLEXIBLE	REST	OUTDOOR
TIME	-	-	1 hr	-	-	-	2-3 hrs
SESSION DETAIL	Hooray – your first rest week! Well done, you've earned it.		Even on rest weeks we do some exercise – we have kept this slot here as you might well have found a club or class you want to keep going to.			Check the weekend weather forecast . Take your training ride on the day with best weather	We don't want to take things too easy so keep up this weekend ride. This is your 4 th long ride so choose your favourite if you have done 3 different ones. If you have done the same ride each week find a new ride. Focus on your gears again – keeping that consistent leg speed and using your gears to achieve this.
TIPS & TRICKS	<p>Tip – If you feel you really, really need this rest because you are in pain and have tried getting your bike adjusted already, consider getting a professional bike fit. They do cost a bit but everyone who's had one say they are worth every penny.</p> <p>Tip – If you are eager to get back on the bike and feel this training is too easy – we will be ramping things up a little next week. Still not satisfied? Go for an hour's spin as normal.</p>		<p>Tip – Cyclists get tight hamstrings as you never fully extend your leg. As we increase the amount of miles we do each week, ensure you keep stretching!</p>			<p>Tip – Combine your ability to read the road ahead with selecting the right gear. Pre-empting what gear you'll need as you approach a climb will stop you having to change multiple gears when you start climbing.</p>	



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TRAINING DIARY

WEEK 5 | Good braking and riding in groups

KEY FOCUS

1. Using your brakes safely
2. Riding with other people
3. An introduction to drafting








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	CROSS	FLEXIBLE	REST	OUTDOOR	OUTDOOR
TIME	-	1-2 hrs	1 hr	-	-	2-3 hrs	3-4 hrs
SESSION DETAIL	<p>This week we are looking at riding as a group. Try to find some people to go for a ride with on one of this weekend's rides.</p> <p>Look at the adjusted times in the time row – we have stepped things up a little this week.</p>	<p>If venturing outside - incorporate two hills into your ride that each take about 5 mins to climb.</p> <p>Outside: 20-25km (12-15 miles)</p> <p>Inside: Add at least 5km (3 miles) to the above</p> <p>Gym bikes put a 10% hill into your session 2 x 5 mins</p> <p>Turbo – increase the resistance for 2 x 5 mins</p>	<p>This may not feel like much but this session really helps build your aerobic endurance.</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	<p>Rest, Relax & Recover</p>	<p>This week aim to increase your distance to 40-50km (25-30 miles). This might have to be compromised if your group wants to do less.</p> <p>Cadence: 70-85rpm</p> <p>When riding as a group keep looking forward, be aware of potential hazards.</p> <p>Communicate with the rest of the group by voice and hand signals. Riders that are behind you may not be able to see far in front.</p>	<p>Aim for 50-60km (30-36 miles) for this ride. Incorporate hills with varying gradients if possible.</p> <p>Add 10km (6 miles) if there are no hills nearby, or travel further afield to benefit from hillier terrain.</p> <p>Cadence: 70-85rpm</p>
TIPS & TRICKS	<p>Tip - Remember to reduce distances by 20% if riding a mountain bike.</p> <p>Tip - If you haven't done so already, look for local cycle clubs that almost always go out on Sundays.</p>	<p>Tip – on your trip you will be riding with other people. To prevent a collision it is vital you continue to read the road ahead and use your brakes gently so as people don't run into the back of you.</p>	<p>Tip – Remember to keep stretching after all of your exercise sessions. Don't stretch cold muscles though!</p>		<p>Tip – As we are now into Week 5 of our training plan, recap the bike safety check video* from Week 1.</p> <p><i>*You can find our online tutorials in the video gallery of the Cycle Training Weekend on our website</i></p>	<p>Today focus on using your brakes properly. If you are reading the road ahead, you should almost always be able to avoid having to slam on the brakes. Always try to introduce the brakes slowly, avoiding the wheels locking up.</p> <p>Tip - Try to apply both brakes at the same time with more force on the front brake than the rear; this will stop you quicker, and prevent your back wheel from skidding.</p> <p>Tip - Move your bottom further back on the saddle when braking.</p>	<p>Trick - If riding in a group work as a team! Drafting or slipstreaming is essentially the essence of group cycling. Slotting in behind someone on long straight sections keeps the wind off you and will reduce the amount of effort you need to make to keep up. Taking it in turns to be on the front helps to give you all a chance to rest on the back of the group.</p> <p>Tip - keep it friendly. It's bad form to let another cyclist do the hard work on the front and then avoid taking your turn, unless they've agreed to shelter you.</p>

TRAINING DIARY

WEEK 6 | Cornering

KEY FOCUS

1. Maintaining speed through corners
2. Road position for corners
3. Drinking on the move








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
TIME	REST	IN/OUTDOOR	CROSS	FLEXIBLE	REST	OUTDOOR	OUTDOOR
	-	1-2 hrs	1 hr	-	-	2-3 hrs	3-4 hrs
SESSION DETAIL	<p>Keep up the Monday kick-back and prepare for the week ahead.</p> <p>Try to find some people to ride with again on one of this weekend's rides.</p>	<p>Outside: 20-25km (12-15 miles)</p> <p>Incorporate two hills into your ride that each take about 5 mins to climb.</p> <p>Inside: Add at least 5km (3 miles) to the above</p> <p>Gym bikes put a 10% hill into your session 2 x 5 mins</p> <p>Turbo – increase the resistance for 2 x 5 mins</p>	<p>This may not feel like much but this session really helps build your aerobic endurance.</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	<p>Rest, Relax & Recover</p>	<p>Try aiming again for 40-50km (25-30 miles)</p> <p>Cadence: 70-85rpm</p> <p>This weekend is about cornering– hopefully you'll have some hills in your area with some good bends. If not, a twisty flat ride will do.</p> <p>Don't go for steep descents while you're practicing techniques—long gentle gradients are best.</p>	<p>Try aiming again for 50-60km (30-36 miles) for this ride.</p> <p>Or add 10km (6 miles) if there are no hills nearby.</p> <p>Cadence: 70-85rpm</p>
TIPS & TRICKS	<p>Tip - Remember to reduce distances by 20% if riding a mountain bike.</p>	<p>Trick – Taking on water is a vital part of cycling. Your trip might be in a hotter climate than the UK, increasing your need to drink.</p> <p>Practice drinking on the move:</p> <ul style="list-style-type: none"> - Hold the brake hoods or tops of your handlebars - Keep looking ahead when you remove and replace the bottle from your bottle-cage. <p>Tip – If you're nervous about this practice riding for small sections with one hand.</p>	<p>Tip - Try finding an activity you enjoy and use it as a reason to try new things.</p>			<p>Tip – When drafting stay close to the wheel in front but avoid overlapping in case your companions suddenly slow down. Remain relaxed but alert to hazards. If you need to slow down, move slightly to the side into the wind; avoid sudden braking.</p>	<p>Tip – When cornering take a wide line into the corner, cut the apex and take a wide line out.</p> <p>Look to the exit of the corner. Keep inside pedal up and weight pushing down on the outside pedal.</p> <p>Tip – When riding as a group give each other a bit more space at corners and go single file.</p>

TRAINING DIARY

WEEK 7 | Pedalling

KEY FOCUS

1. Get to grips with cadence
2. Using gears to maintain cadence
3. Stabilising your upper body








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	CROSS	FLEXIBLE	REST	OUTDOOR	OUTDOOR
TIME	-	1-2 hrs	1 hr	-	-	2-3 hrs	3-4 hrs
SESSION DETAIL	Keep up the Monday kick back and prepare for the week ahead.	<p>Outside: 20-25km (12-15 miles)</p> <p>Incorporate two hills into your ride that each take about 5 mins to climb.</p> <p>Inside: Add at least 5km (3 miles) to the above</p> <p>Gym bikes put a 10% hill into your session 2 x 5 mins</p> <p>Turbo – increase the resistance for 2 x 5 mins</p>	This may not feel like much but this session really helps build your aerobic endurance .	Use this day to slot other sessions into if needed due to family or work commitments.	Rest, Relax & Recover	Try aiming again for 40-50km (25-30 miles) but incorporate a steeper hill than you are used to.	As today's focus is pedalling, choose from hilly or flat – whatever you like best.
TIPS & TRICKS	Tip —Ensure you keep stretching your hamstrings!	<p>Tip – When pedalling try keeping your upper body as stable as possible, there should be limited movement. If you start to bob in the saddle, slow your cadence and concentrate on engaging your abdominal muscles to stabilise your hips.</p>	Tip - Try finding an activity you enjoy and use it as a reason to try new things.			<p>Cadence: 70-85rpm</p> <p>Tip – Don't be scared to go out in strong winds or rain – it will give you experience in different weather conditions, which is important for your main trip.</p>	<p>Aim for 65 - 80km (40-50 miles)</p> <p>Cadence: 70-85mph</p> <p>Remember to use your gears to maintain that even cadence.</p> <p>Tip – If using cleats or SPDs pull back and up with your foot at the bottom of your revolution.</p> <p>Trick - Keep enough tension in the body to stabilise it without being rigid on the bike.</p>

TRAINING DIARY

WEEK 8 | Rest week

KEY FOCUS

1. Rest, Relax and Recover
2. Review your progress
3. Enjoy your favourite ride








DAY	MON	TUE	WED	THU	FRI	SAT	SUN	
SESSION TYPE								
	REST	REST	CROSS	FLEXIBLE	REST	REST	OUTDOOR	
TIME	-	-	1 hr	-	-	-	3-4 hrs	
SESSION DETAIL	Hooray – your second rest week! Well done, you’ve earned it.		So even on rest weeks we do some exercise – we have kept this slot here as you might well have found a club or class you want to keep going to.	Use this day to slot other sessions into if needed due to family or work commitments.	Rest, Relax & Recover		Check the weekend weather forecast . Take your training ride on the day with best weather	We don’t want to take things too easy so keep up the weekend ride—choose your favourite .
TIPS & TRICKS	<p>Tip – If you are eager to get back on the bike and feel this training is too easy – we will be ramping things up more next week.</p> <p>Still not satisfied? Go for an hour’s spin as normal.</p>		<p>Tip - Try finding an activity you enjoy and use it as a reason to try new things.</p>				<p>Tip – Review the times you have taken to complete your regular rides; you will hopefully notice that your pace has increased, and that hills slow you down less.</p>	

TRAINING DIARY

WEEKS 9-10 | More climbing and breathing

KEY FOCUS

1. Gradient variety
2. Breathing when climbing
3. Eat and drink well to avoid fatigue








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	CROSS	FLEXIBLE	REST	OUTDOOR	OUTDOOR
TIME	-	1-2 hrs	1 hr	-	-	2-3 hrs	4-5 hrs
SESSION DETAIL	Keep up the Monday kick back and prepare for the week ahead.	If venturing outside - incorporate three hills into your ride that each take at least 3-5 mins to climb. Outside: Aim for 30km (18 miles) Inside: At least 5-10km further Gym bikes put a 10% hill into your session 3 x 5 mins Turbo - increase the resistance for 3 x 5 mins	This may not feel like much but this session really helps build you aerobic endurance .	Use this day to slot other sessions into if needed due to family or work commitments.	Rest, Relax & Recover	Aim for 40-50km (25-30 miles) Plan your rides around hills from now on. Vary the gradients—long, draggy hills, short sharp hills, hills which change gradient ... all provide good preparation. Cadence: 70-85rpm Consolidate your fitness by repeating this week again on	Aim for 80 - 95km (50-60 miles) Cadence: 70-85rpm
TIPS & TRICKS	Tip - Remember to reduce distances by 20% if riding a mountain bike.	Tip —Eating and drinking well is even more important when climbing and descending. Carry a snack in your pocket and drink every 15-20 minutes. If you run low on energy it impacts on your concentration as well as stamina , and makes everything more challenging.	Tip - Try finding an activity you enjoy and use it as a reason to try new things.		Trick - Although knowing what lies ahead enables us to ride more efficiently, you will not have the benefit of knowing what to expect around each corner on your cycle challenge. Changing your route frequently and exploring also makes your rides more interesting—new scenery is great for motivation!	Trick - If it's difficult to include lots of hills on a long ride, pick two or three significant climbs in close proximity and ride several circuits Tip: When going uphill, try to keep your breathing under control. Ease up if you're panting, and take deep breaths to regain control and increase your oxygen intake. Trick —Breathing in through your nose is a good way to regain control over your breathing if you are panting.	Tip - Everyone has a preferred climbing style . Sit or stand, forward or back on the saddle. Aim for seated where possible and a cadence above 70rpm. You can always go for a bit of a stand to relieve the pressure off your bottom and then sit down again. Efficient pedalling while climbing will help to save energy .

TRAINING DIARY

WEEKS 11-12 | Climbs and Pacing Yourself

KEY FOCUS

1. Gear efficiency when climbing
2. Sustain pace when climbing
3. Saving energy when climbing








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	CROSS	FLEXIBLE	REST	OUTDOOR	OUTDOOR
TIME	-	1-2 hrs	1 hr	-	-	2-3 hrs	4-5 hrs
SESSION DETAIL	Keep up the Monday kick-back and prepare for the week ahead.	<p>Outside: Aim for 30km (18 miles)</p> <p>Inside: At least 5-10km further</p> <p>Gym bikes put a 10% hill into your session 3 x 5 mins</p> <p>Turbo – increase the resistance for 3 x 5 mins</p>	This may not feel like much but this session really helps build your aerobic endurance .	Use this day to slot other sessions into if needed due to family or work commitments.	Rest, Relax & Recover	Aim for 50km (30 miles) Cadence: 70-85rpm	Aim for 85 – 95km (50-60 miles) Cadence: 70-85rpmh
TIPS & TRICKS	Plan your weekend rides to simulate the terrain on your main challenge where possible.	<p>Tip - As we near the end of your training plan you'll now know what sort of speed you can average. This allows you to gauge your pace for your big trip.</p> <p>On your trip you'll typically have a break every 30-50km (depending on terrain and climate) so we're now approaching that on your shorter rides.</p> <p>When the going gets tough on your big trip picture these training rides as what you have to do between each water stop!</p>	Tip - Try finding an activity you enjoy and use it as a reason to try new things.			<p>Tip—You will use less energy if you sit in the saddle and spin your legs when climbing. The bigger you are, the more important it is to stay in the saddle and find a good rhythm. On a short sharp climb it isn't so obvious, but on a long climb it saves a lot of energy.</p> <p>Trick—Getting out of the saddle briefly can help on a particularly steep section, or to give you a change of position if you need to stretch your back or legs.</p> <p>Avoid rocking from side to side while pedalling.</p>	<p>Tip – Try to start any climb at a pace you think you can sustain.</p> <p>Remember to work through your gears as you climb. Pushing a gear that's too big will use more energy and exhaust your muscles, as well as risk potential injury.</p> <p>Don't be afraid to change back up a gear or two if the gradient becomes less severe.</p> <p>Trick—Try to keep the same cadence as you climb—this is a good sign that you are improving!</p>

TRAINING DIARY

WEEKS 13-14 | Long climbs and riding in a group

KEY FOCUS

1. Long climbs - ride your own pace
2. Concentration on long descents
3. Cornering in a group








DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	IN/OUTDOOR	CROSS	FLEXIBLE	REST	OUTDOOR	OUTDOOR
TIME	-	1 hr	1 hr	-	-	2 hrs	4-5 hrs
SESSION DETAIL	<p>Keep up the Monday kick-back and prepare for the week ahead.</p> <p>Plan your weekend rides.</p> <p>If you don't already have a regular group of riders try and find some companions for this week's rides.</p> <p>Remember to reduce distances by 20% if riding a mountain bike.</p>	<p>Outside: Aim for 30km (18 miles)</p> <p>Inside: At least 5-10km further</p> <p>Gym bikes put a 10% hill into your session 3 x 5 mins</p> <p>Turbo – increase the resistance for 3 x 5 mins</p>	<p>This may not feel like much but this session really helps build your aerobic endurance.</p>	<p>Use this day to slot other sessions into if needed due to family or work commitments.</p>	<p>Rest, Relax & Recover</p>	<p>Aim again for 50km (30 miles)</p> <p>Cadence: 70-85rpm</p> <p>Consolidate your fitness by repeating this week again on Week 12</p>	<p>Aim for 95 – 105km (60-65 miles)</p> <p>Cadence: 70-85rpm</p>
TIPS & TRICKS	<p>If you're on a mountain challenge you will face climbs over 10km long—some considerably longer.</p> <p>It's hard to train for this if you don't live in an area with long climbs, so consider planning a weekend or two riding in regions such as Dartmoor or the Peak District, where you can gain some experience of longer climbs: the distances may not match, but it will help hone your technique.</p>	<p>Tip – When cornering in a group the front person will set the correct line and speed through a corner.</p> <p>Be aware of riders who have taken a straighter line into the corner; their exit route might push you off your line.</p> <p>When you exit a corner, you will find riders become stretched out as the front riders get back up to speed.</p>	<p>Tip - Try finding an activity you enjoy and use it as a reason to try new things.</p>			<p>Tip - Use long climbs to practice descending skills. Take it easy and stay safe on long descents. Look out for other road users and don't go at a speed you can't control.</p> <p>In the mountains it can be cold; climbing keeps you warm, but you need good clothing to stay warm on a descent. Pay attention to your chest and hands.</p> <p>Long climbs can exacerbate physical and mental fatigue. Ensure you concentrate—it's much harder to correct a mistake when going downhill.</p>	<p>Tip—Ride within yourself and don't worry about anyone else.</p> <p>Don't try to stay with others who can climb faster than you. Hanging onto the wheel in front of you and climbing by will-power might get you so far, but you're likely to use so much energy you will feel the effects for the rest of the day.</p> <p>Stay at a pace you find comfortable, and re-group with your pals when the gradient allows. Or just let them go and find others to ride with—it's not a race. Completing the ride is more important!</p>

TRAINING DIARY

WEEK 15 | Tapering off week

KEY FOCUS

1. Rest, Relax and Recover
2. Taper off to keep fresh for your big trip

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
SESSION TYPE							
	REST	REST	CROSS	REST	REST	OUTDOOR	OUTDOOR
TIME	-	-	-	-	-	Up to 2 hrs	Up to 2 hrs
SESSION DETAIL	<p>Hooray – your final rest week! Well done – you’ve earned it.</p> <p>Rest</p>		<p>So even on rest weeks we do some exercise – we have kept this slot here as you might well have found a club or class you want to keep going to.</p>	<p>Relax</p>	<p>Recover</p>	<p>You’ll probably be wanting to go for one last blast !</p> <p>We have put two short rides in this weekend for you to enjoy yourself on – keep them short, and you’ll feel fresh for your trip.</p>	<p>Why not go for a ride with your family. They have supported / put up with you over this 15-week plan, so get them involved.</p> <p>Enjoy your final short spin before taking part in your big trip!</p>
TIPS & TRICKS	<p>Tip – It’s important to taper off in the build-up to your big trip, so don’t panic this week. Be calm and confident that you’ve prepared well!</p>			<p>Tip – Use your time to check through your kitlist and ensure you have everything you need.</p>			<p>Tip – You will be amazed how powerful your mind is on your trip. Keep breaking the trip down into small chunks and don’t dwell on the bigger picture.</p> <p>Trick – Remember to enjoy your ride. It’s not a race – it’s a journey through a beautiful part of the world that is meant to take all day!</p> <p>GOOD LUCK!!! If you have stuck to this plan you’ll be more than fit enough to spin away over those miles!</p>



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