

# Coast to Coast Cycle Ride

## Training Advice and Programme

55 miles is a long journey for some in a car, so when considering doing it on a bike three days in a row the initial thought is a bit scary.

The actual event in September is a 'fun cycle', not a competitive ride. There will be organised stops every hour or two for you to fill your water bottles, have a snack and have a little rest.

Conditioning yourself to sitting on a bike for a period of time and not being in discomfort will take a few weeks so as soon as possible we recommend using your bike as much as you can even if just for short journeys. Spending money on a good comfortable saddle can also be a wise move.

Remember what makes this ride or any other challenge hard is not the distance, but the speed that you try to complete it in and we will not be racing.

If this is your first time doing a long ride then we advise:-

- Speak to your GP if you have a physical concerns.
- Follow the advised training plan to condition yourself to your bike.
- On the event:
  - ✓ Work steadily on the flat, try to achieve a nice speed that suites you, don't go too fast keeping up with others (aim at working at 60% of what you are capable of)
  - ✓ Be clever on the hills, choose a low gear so that your legs are cycling fast as you ascend, not pushing hard against the pedals (don't worry about speed, worry about protecting your thigh muscles)
  - ✓ Relax and enjoy the countryside on the down hills, you will be surprised at how many of the 55 miles each day you can achieve by simply 'free wheeling'
  - ✓ Make sure you make the most of all the organised stops. Have something to eat and some fun with all the team.

## 7 week Training Plan (showing activities per week)

	Week 1 3-9 Aug	Week 2 10-16 Aug	Week 3 17-23 Aug	Week 4 24-30 Aug	Week 5 31 Aug-6 Sep	Week 6 7-13 Sept	Week 6 14-20 Sept
1	Get your bike serviced if it needs it	60 min ride (arranged by yourself)	60 min ride (arranged by yourself)	60 min ride (arranged by yourself)	60 min ride (arranged by yourself)	60 min ride (arranged by yourself)	60 min ride (arranged by yourself)
2	45 min ride (arranged by yourself)	60 min ride (arranged by yourself)	60 min ride (arranged by yourself)	60 min ride (arranged by yourself)	60 min ride (arranged by yourself)	-20 Miles -Richard T -Wed 9 <sup>th</sup> Sept -6pm start from gym	-20 Miles -Les Ebrey -Tues 15 <sup>th</sup> Sept -6pm start from gym
3	-20 Miles -Les Ebrey -Sat 8 <sup>th</sup> Aug -10am start from gym	-25 Miles -Garry Chiles -Sat 15 <sup>th</sup> Aug -10am start from gym	-30 Miles -Judith Williams -Sat 22 <sup>nd</sup> Aug -10am start from gym	-40 Miles -Tony Burton -Sat 29 <sup>th</sup> Aug -10am start from gym	-50 Miles -Richard T -Sat 5 <sup>th</sup> Sept -9am start from gym	-60 Miles -Les Ebrey -Sat 12 <sup>th</sup> Sept -9am start from gym	EVENT STARTS