

# CYCLE TRAINING PLAN

## RIDE



<b>Month 1</b>	<p>Get into a routine of exercising regularly</p> <ul style="list-style-type: none"> <li>• Improve your overall fitness levels by walking, swimming or cycling</li> <li>• Aerobic sessions three days a week, 30-35 minutes per session</li> <li>• One 5 mile cycle ride per week</li> <li>• One 10 mile cycle ride during the month</li> </ul>	<b>Month 2</b>	<p>Build a strong foundation of fitness</p> <ul style="list-style-type: none"> <li>• Three 40 minute aerobic sessions every week</li> <li>• One strength training session during the month</li> <li>• Two 5 mile cycle rides per week</li> <li>• One 10 mile cycle ride during the month</li> </ul>
<b>Month 3</b>	<p>Build your endurance and strength</p> <ul style="list-style-type: none"> <li>• Three 45 minute aerobic sessions per week</li> <li>• Two strength training sessions during the month</li> <li>• Two 20 mile cycle rides during the month</li> <li>• One weekend of cycling during the month—two hours on each day</li> </ul>	<b>Month 4</b>	<p>Focus on mental and physical training</p> <ul style="list-style-type: none"> <li>• Cycle to and from work each day if you can, or work out for four hours each week</li> <li>• Two cross training, resistance training or spinning classes per week</li> <li>• Two 15 mile cycle rides per week</li> <li>• One 30 mile cycle ride during the month</li> <li>• Two strength training sessions during the month</li> </ul>
<b>Month 5</b>	<p>Continue to build your mental and physical endurance and strength</p> <ul style="list-style-type: none"> <li>• One weekend of back to back cycling, 5 hours on Saturday and 3 on Sunday</li> <li>• All other weekends 1-2 hours cycling each day</li> <li>• Continue cycling to and from work, or work out four hours per week.</li> <li>• One 40 mile cycle ride during the month</li> </ul>	<b>Month 6</b>	<p>Maximise your training to add extra endurance and strength</p> <ul style="list-style-type: none"> <li>• One weekend of back to back cycling, 5-6 hours on each day</li> <li>• All other weekends— a 4 hour cycle on one of the days</li> <li>• Total 60 miles in one cycle ride</li> <li>• Two cross training, resistance or spinning sessions during the month</li> </ul> <p>Target = 16-20 miles of walking per week</p>

If you live near hills, use them for your training to prepare your muscles for hill climbs. If there are not many hills near you, find your nearest one and go up and down it several times during one training session.

### Top tips for training

- Begin slowly if you haven't cycled for some time
- Make sure your saddle is the right height. When you are sitting on your bike your toes should barely touch the ground. If the seat is too low your work rate will increase, you will tire faster and you may hurt your knees.
- Learn to use gears properly— especially on hills. Practice makes perfect!

# Diet and hydration

## Your diet

Take a look at your basic diet – everyday food has all the nutrients and energy you need for a good balanced diet.

- Carbohydrates are the best source of food for your muscles – eat plenty of pasta, beans, rice, wholegrains, fruit and vegetables.
- Avoid alcohol and caffeine – they make you dehydrated.
- Nibble during long rides – for rides of more than two hours you should try to eat a little as you go to replenish your muscle glycogen. Try bananas, cereal bars or dried fruit.
- Refuel after long rides – eat or drink carbohydrate-rich food during

A word of warning: Avoid training too soon after eating. Blood will be diverted to your muscles rather than being used for digestion, which is likely to lead to stomach upsets.

## Keep Hydrated

Water is needed to produce sweat (which keeps you cool), and to make sure your body is working properly.

- Don't wait until you are thirsty or your mouth is dry.
- Carry the liquid that you plan to drink in a Camelbak or Platypus, or in bottle cages – uneven distribution of weight will affect your stride and comfort.
- If you like using energy drinks limit their consumption to 1 litre for every 2 litres of water.
- Drink little and often – small amounts of water every 15 minutes. You should drink at least 1 litre of water per hour while cycling.
- Eat foods containing sodium – this can help your body absorb the water it needs.

Fluid output is as important as the input. If you are drinking a great deal but not passing water regularly, you may find you are dehydrated. Watch out for signs of dehydration:

- Dry or sticky mucus membranes in the mouth
- Fatigue Dizziness or confusion
- Decreased urine output
- Darkening in colour of urine
- Heartburn or stomach ache
- Lower back pain Headache
- Psychological irritation or depression Water retention