

TRAINING GUIDE



CYCLE CHALLENGES 2023

TRAINING GUIDE

Our cycle challenges are group rides suitable for cyclists of all abilities, however, training is essential for success.

Below, you will find lots of useful information about

- Cycling abilities to assess your level of cycling
- Training, fluid & nutrition and rest guidance
- A 20-week training plan
- Contact info for members of our guide team who are available to answer any more questions you may have.

New to Cycling

You've not ridden a bike recently and your aim is to build up your capacity to cycle steadily.

Give yourself enough time to train for this event

Start gently, build your stamina and confidence in road riding and you will find real enjoyment out of cycling!

Regular Cyclist

You cycle regularly and have done so for years.

This could include commuting a short distance to work or going on regular weekend rides (20 miles+) with friends and family.

Continue this in the months up to the event and you will be in good shape.

Advanced Cyclist

You regularly cycle longer distances and will have completed rides similar to this event previously.

Aim is to maintain this level of cycling in the months up to the event.

Please feel free to support your fellow riders with any guidance you have.

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After assessing your own cycling abilities, you will need to prepare and plan your training. It is important to make sure you consider stretching pre and post-ride, fluid and nutrition intake, and resting from training.

Our support team will always be present to assist you and happy to talk through any training needs. Below and on the next page, you'll find further details about stretching, fluid and nutrition, and resting, plus a 20-week training plan.

Stretching

Do this before and after your ride for at least 5 mins.

Check out this link if you want to view a 5-minute routine you can use before and after your ride.

Get in touch with Emma in our support team for advice on warming-up and down.

Fluid & Nutrition

Eat an hour or so before your ride and during it.

Our rule of thumb is to eat on the hour every hour, especially when doing longer rides.

Can be an energy or cereal bar, fruit or some pasta, but do avoid anything too heavy

Rest

Rest days are when fitness work beds in, so it's important.

Particularly after you have ridden on consecutive days and if you are new to cycling.

Give yourself 24-48 hour rest during rides, but do stretch or do some Yoga if you can.

TRAINING PLAN

If this is the first time you are on a ride like this, a ride where you are going to be riding two days continuously for 60+ miles each day respectively, you will need to have a training plan and stick to it.

Many of you will have your own training plan, based on your cycling ability and road confidence. To help you at whatever level you are at, here is a suggested training plan which you can use to suit you.

Weeks	Suggested training
1 - 4	2 x 30-45 minute rides appx. 5-8 miles each 1 x 60 min ride appx. 10 miles long Rest day between rides
5 - 8	2 x 45-60 minute rides appx. 8-10 miles each 1 x 75 min ride appx. 10-15 miles long Rest day between rides
9 - 12	2 x 60 minute rides appx. 10-12 miles each 1 x 2hr ride appx. 20-25 miles long Weeks 11 & 12, ride consecutive days where possible
13 - 16	3 x 60 minute rides appx. 10-12 miles each 1 x 2hr ride appx. 20-25 miles long Complete two rides on consecutive days
Week 17 Week 18	2 x 35-mile rides on consecutive days 2 x 45 mile rides on consecutive days
Weeks 19 Week 20	3 x rides for appx. 20-25 miles 3 x rides appx. aiming for 5-10 miles Rest day between rides

The week before your challenge - Short rides, with two/three complete rest days before the ride itself.

SUPPORT TEAM

Please do contact Emma Everest or Anne Hannan for any advice on training, nutrition, or fitness for the challenge.

You can get in touch with Emma and Anne, via the WhatsApp Group or email via events@tfaltd.co.uk



Emma Everest

I am a part-time mum, spin instructor, and fitness fanatic! I always have lots of motivation, have an abundance of energy, and drive to support others. I am looking forward to L2P, and happy to support you all where I can. Btw I do also enjoy all the delights in life, especially chocolate & gin tasting!



Anne Hannan

It's been many years since I cycled L2P. I remember that feeling of arriving at the Eiffel Tower, so looking forward to going back, meeting new people and all the French delights! I have guided many rides before so do get in contact with myself or Emma for any training or fitness advice/tips.