

TRAINING GUIDE



Mileway

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 four 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 45 minute rides appx. 8 miles each 1 x 60 min ride appx. 10 miles long Rest day between rides
5 - 8	2 x 60 minute rides appx. 10-12 miles each 1 x 90 min ride appx. 12-15 miles long Rest day between rides
9 - 12	2 x 75 minute rides appx. 15 miles each 1 x 2hr ride appx. 20-25 miles long Weeks 11 & 12, ride consecutive days where possible
Week 13	2 x 25 mile rides
Week 14	2 x 35 mile rides
Weeks 15-16	2 x 35-45 miles rides on consecutive days
Week 17	2 x 50-55 mile rides on consecutive days
Week 18	2 x 60-65 mile rides on consecutive days
Weeks 19	3 x rides for appx. 20 miles
Week 20	3 x rides for appx. 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 Rebecca or Rich for any advice on training, nutrition, or fitness for the challenge.

You can get in touch with Rebecca and Rich, via the WhatsApp Group or email via info@tfaevents.co.uk



Rebecca Millburn

I am a mum of three, with a love of fitness and sports (especially cycling!). I really love to support others on their fitness journey and help them get ready for their challenge. I am really looking forward to H2H, and happy to support you all where I can.



Rich Robershaw

I'm an experienced cyclist, bike mechanic and spin instructor and I'm here to help each participant make the most of their challenge.

If you have any questions about your bike or training then don't hesitate to get in contact.