

Cycling training plan—100 miles

Before you start remember that your body may need **time to adjust** to your new fitness regime. We recommend you ideally start your training plan no less than six months before your challenge. Within your training programme, **rest is as important** as time spent on your bike so we strongly recommend that you rest on at least one day out of seven. Equally, when training, stick within the limits of speed and distance that are **comfortable for you**.

Cyclists of all levels will benefit from making your own personal plan that you can apply to your own ability and the time you have available to train in. To do this, work your way through the following guidelines:

- Work out how many weeks you have from now until event day
- Work out the longest cycle ride you feel you could work towards within that time
- Plan this longest distance for 2-3 weeks before event day
- Work backwards and gradually decrease the mileage and time you are cycling all the way back to the current day
- Remember to schedule in a rest day or two after a long weekend ride
- During weekday shorter rides do what you can and focus on hill training or speed over shorter amounts of time

It is also important nearer event day to practice your technique doing things such as grabbing water from someone as you pass and drinking whilst cycling, taking energy gels as you cycle and taking off layers—this will all save you time on the day as you won't have to pull over!

Hill Training is an important part of your training plan so don't avoid them! If you live in a flatter area seek out your nearest hill and go up and down it several times during your training ride.

Training plan—suitable for beginners

If you aren't comfortable creating your own training plan as recommended above, the following plan is suitable for someone new to cycling and is based on a 100 mile event.

WEEK	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	Rest	5 miles	5 miles	Rest	5 miles	Rest	15 miles
2	Rest	5 miles	10 miles	Rest	5 miles	Rest	20 miles
3	Rest	5 miles	10 miles	Rest	10 miles	Rest	25 miles
4	Rest	5 miles	Rest	5 miles	Rest	20 miles	Rest
5	Rest	10 miles	10 miles	Rest	15 miles	Rest	30 miles
6	Rest	10 miles	10 miles	Rest	15 miles	Rest	35 miles
7	Rest	10 miles	10 miles	Rest	15 miles	Rest	45 miles
8	Rest	10 miles	Rest	10 miles	Rest	30 miles	Rest
9	Rest	15 miles	15 miles	Rest	15 miles	Rest	45 miles
10	Rest	15 miles	15 miles	Rest	15 miles	Rest	50 miles
11	Rest	15 miles	15 miles	Rest	15 miles	Rest	65 miles
12	Rest	Rest	Rest	10 miles	Rest	45 miles	Rest
13	Rest	15 miles	15 miles	Rest	15 miles	Rest	75 miles
14	Rest	10 miles	15 miles	Rest	15 miles	Rest	50 miles
15	Rest	10 miles	10 miles	Rest	10 miles	Rest	20 miles
16	Rest	10 miles	10 miles	Rest	5 miles	Rest	100 miles

If you have not exercised for a long time we recommend you **see your doctor before you start** your new training plan. Don't over do it and make sure you keep your plan varied and fun!

Top tips for your training

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 nutrition

- **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 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 the hour (ideally in the first 20 minutes) following a long ride to experience the benefits.
- **Water** is needed to produce sweat and keep you cool.
- **Don't wait** until you are thirsty or your mouth is dry.
- Try to have two water bottle cages on your bike to reduce the need to stop as often.
- 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 walking.
- 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