

Your cycling challenge: suggested training plan

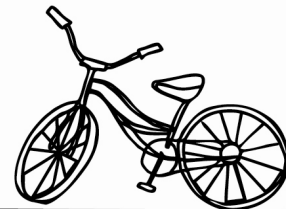


Cycling feels great, cycling for Mind feels even better. As part of this cycle challenge you'll get to know first-hand just how positive it feels to train and cycle in the great outdoors.

Cycling challenges are designed for people of average fitness, as long as you are prepared to train. You should start training several months before the event, and if you consider yourself a beginner or social cyclist, this 16-week training plan can be used as a guideline to help you plan. It goes without saying that the more preparation you do beforehand, the more you'll enjoy your challenge experience.

How you start your training depends largely on your present fitness level, age and the amount of cycling you've done in the past, as well as the distance you'll be taking on for your challenge. It's therefore important that you stick to a training plan that's suitable for your ability. And remember to enjoy cycling in the great outdoors, it's proven that it can give our mental wellbeing a fantastic boost!

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Week 1	Rest	15-20 min cycle	Rest	15-20 min cycle	Rest	1 hour cycle
Week 2 & 3	20-25 min cycle	Rest	Rest	20-25 min cycle	Rest	1.5 hour cycle
Weeks 4, 5, 6 and 7	Rest	30-40 min cycle (8-10 miles)	Rest	30-40 min cycle (8-10 miles)	30-40 min cycle (8-10 miles)	2 hour cycle (25-30 miles)
Week 8	Rest	10-15 mile cycle	Rest	10-15 mile cycle	5 mile cycle	2-2.5 hours cycle (30-40 miles)
Weeks 9 and 10	10+ mile cycle	Rest	Rest	10+ mile cycle	Rest	20-25 mile cycle
Week 11	8-10 mile cycle	10-15 mile cycle	Rest	10-15 mile cycle	Rest	40 mile cycle
Weeks 12, 13 and 14	10 miles easy cycling	15-20 mile cycle	Rest	15-20 mile cycle	Rest	45-55 mile cycle
Week 15	20-25 mile cycle	Rest	Rest	20-25 mile cycle	Rest	50-60 mile cycle
The week before you go	10 mile cycle	5 mile cycle	10 mile cycle	5 mile cycle	Rest	Your event!



This training plan is only a rough guide and we are very aware that other commitments such as work, family and fundraising may not allow you to stick rigidly to the schedule. However, in order to get close to achieving the training it is very important to organise your time properly and prioritise your goals.

Here are some tips to help you train :

- **Start the day well!** Get up early and go for a quick cycle in the morning before work or other commitments, and use your lunchtimes to take a break from work and train. If cycling isn't possible, go for a brisk walk.
- **Build it in to your day:** If you can cycle safely to work, do so. Or if you get public transport, think about getting off a stop or two earlier than usual. If you drive, park further away than normal, and cycle the rest of the distance to work.
- **Train creatively:** Cross training such as swimming, squash, running, walking or any other sport will all help your general fitness while keeping things interesting.
- **Go bespoke:** Joining a leisure centre may mean that you can ask the fitness instructors to design a specific programme based on your current fitness for the many cycling trainers and leg resistors in the gym.
- **Spin!** Book onto a regular spinning class, and/or circuit training class to improve your leg strength and stamina.
- **Get away:** Book weekends away with the family, or friends to some hilly regions to experience cycling with different gradients and terrain. What a perfect way to test out your equipment, and have a fantastic dose of outdoor exercise in the process.
- **Join the club!** It always helps motivation levels when you've got some company, so it's worth looking into any local opportunities.

Useful links:

Sustrans:	Sustrans.org.uk
British Cycling:	Britishcycling.org.uk
British Cycling Club finder:	Britishcycling.org.uk/clubfinder
CTC :	CTC.org.uk

Also keep an eye out for our enewsletters which will contain handy cycling training tips in the build-up to your event.

Best of luck and happy cycling!