

Cycling Fitness & Kit Advice



Helping to prepare you for your **one** or **multi-day** cycling challenge...

SKYLINE
EVENTS



It's important to remember that there is no such thing as a training plan to suit everybody but we are going to start with some basic training concepts which you can integrate into your current routine and modify to your preferences.

Cycling challenges are designed for people of all fitness levels, as long as you are prepared to train! You should start training several months before the event and it is very important to organise your time properly.

- Get up an hour earlier and go out for a quick cycle with some stretching in the morning before work.
- If you can cycle to work do so or try and cycle to the station/bus stop.
- Use your lunchtimes to take regular brisk walks or cycle around your work area.
- Find a steep set of stairs and climb them five times around three times per week.
- Swimming, badminton, fast walking or any other sport will help you get prepared.
- Exercise bikes and cross trainers will help you with your training – if you are a member of a gym then utilise the machines. Many parks also have outdoor equipment now!
- On weekends ensure you get onto some hilly areas to experience cycling on different surfaces.
- You should make time to cycle on some consecutive days, an isolated Sunday ride does not have the same effect as two consecutive days. Nothing will prepare you better than actually cycling!

If you are feeling tired or injured you should NOT push ahead with the training programme. Rest is the most important training you can do and overtraining can lead to serious injuries. If you miss a few days training you will easily be able to pick up the training plan again with no negative benefits.



Cycling Tips

Get on and go....

It's that simple right? Well nearly. Whilst most of us will have some cycling experience, cycling for many days in a row can start to cause problems. To reduce these risks, you'll need to gradually build up your time in the saddle. Try to maintain a cadence (leg speed) at 60-70 rpm – this is where selecting the appropriate gear comes in handy! When you feel your legs tiring, simply select an easier gear until they recover. The more you train, the longer you'll be able to cycle before your legs tire.

Listen to your body...

Soon you'll feel fitter and have more energy. But should you start to feel pains during or after a cycle, take time off and rest - don't let a niggle become an injury. Seek medical advice if unsure. Injuries are most commonly caused by using inappropriate equipment, or going too far or too fast too soon.

Choosing the right equipment can make the difference between a great trip and a trip to the doctor - don't be afraid to invest!

Fitness plan...

Everyone will have their own individual fitness levels and it is important to recognize these and be realistic with the targets you set yourselves. The most important thing is not how fit or unfit you think you are at the moment, but that come cycle challenge time, you are able to complete week 16 of our training plan. Once you can do this, you are ready to enjoy your cycling experience to the fullest. Especially if you are new to exercise or you haven't trained for a while, remember it is important to build a base over a period of time, 'you can't fire a cannon out of a canoe'! This philosophy will help prevent injury too.

And another thing...

Staying hydrated is vital to your body's ability to function, not least when exercising. Try to drink plenty of water before, during and after physical exertion. Remember, small sips often is the best way to stay hydrated.

On training days your body will also need more energy, especially if you are going to be cycling for up to 8 hours. Carbohydrates provide the body with energy. You may also like to use energy drinks, bars and gels – these provide rapid energy and can be consumed on-the-go. Try to make your five a day and be varied in your choices (and colours) and try replacing sweets with snacks such as carrots or dried fruit. The general rule is anything in moderation.

Multi-Day Cycle Training Plan

Week	Session 1	Session 2	Session 3	Session 4
1 – 2	45 Minute Cycle	45 Minute Activity i.e. Walk/Jog/Gym	10 – 15 Mile Cycle	N/A
3 – 4	50 Minute Cycle	50 Minute Activity i.e. Jog/Run/Gym	15 – 20 Mile Cycle	N/A
5 – 6	1 Hour Cycle	45 Minute Activity i.e. Jog/Run/Gym	20 – 25 Mile Cycle	N/A
7 – 8	1 Hour 15 Min Cycle	45 Minute Activity i.e. Jog/Run/Gym	30 Mile Cycle	N/A
9 – 10	1 Hour 30 Min Cycle	45 Minute Activity i.e. Jog/Run/Gym	40 Mile Cycle	30 Mile Cycle
11 – 12	1 Hour 30 Min Cycle	45 Minute Activity i.e. Jog/Run/Gym	50 Mile Cycle	N/A
13 – 14	1 Hour 30 Min Cycle	45 Minute Activity i.e. Jog/Run/Gym	60 Mile Cycle	50 Mile Cycle*
15 – 16	1 Hour 30 Min Cycle	45 Minute Activity i.e. Jog/Run/Gym	75 Mile Cycle	65 Mile Cycle*
17 – 18	1 Hour 30 Min Cycle	45 Minute Activity i.e. Jog/Run/Gym	90 Mile Cycle	65 Mile Cycle*
19 – 20	1 Hour Cycle	45 Minute Activity i.e. Jog/Run/Gym	1 Hour Cycle	N/A

*Only do session 4 on weeks 12, 14, 16 and ensure you take your rest days. Try to add the strength circuit into your training program - start with 1 circuit and add 1 each fortnight until you get to 5.

Be it this guide you use, or another one, stick to it! Things may crop up that alter your plans, other commitments, injuries, lack of motivation etc., but commit yourself to do everything you can to follow your plan.

One Day Cycle Training Plan

(For Beginner Cyclists)

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest/ Stretch	15 – 20 Minutes	Rest/ Exercise	15 – 20 Minutes	Rest/ Stretch	1 Hour	Rest
2	Rest/ Stretch	20 – 25 Minutes	Rest	20 – 25 Minutes	Rest/ Stretch	1 ½ Hour	Rest
3	20 – 25 Minutes	Rest/ Stretch	Rest/ Exercise	20 – 25 Minutes	Rest/ Stretch	Rest	1 ½ - 2 Hours
4, 5, 6 & 7	30 – 40 Minutes (8 - 10 Miles)	Rest	30 – 40 Minutes (8 - 10 Miles)	Rest/ Stretch	30 – 40 Minutes (8 - 10 Miles)	Rest	2 Hours (25 - 30 Miles)
8	Rest/ Stretch	10 - 15 Miles	Rest	10 - 15 Miles	5 Miles	30 – 40 Miles	Rest
9 & 10	10+ Miles	Rest	Rest	10+ Miles	Rest/ Stretch	20 – 25 Miles	Rest
11	8 – 10 Miles	10 – 15 Miles	Rest	10 – 15 Miles	Rest	Rest	40 – 50 Miles
12, 13 & 14	10 Miles	Rest	10 Miles	Rest	15 – 20 Miles	Rest	40 – 50 Miles
15	10 Miles	Rest	10 Miles	Rest	15 – 20 Miles	Rest	50 – 60 Miles
16 & 17	Rest	20 – 15 Miles	Rest	20 – 25 Miles	Rest/ Stretch	Rest	50 – 60 Miles
18	10 Miles	Rest/ Spin Class	15 Miles	Rest	Rest/ Stretch	20 – 15 Miles	55 – 65 Miles
19 & 20	Rest	25 Miles	Rest	25 Miles	Rest	25 Miles	60 – 75 Miles
Week Before!	10 Miles	5 Miles	10 Miles	5 Miles	5 Miles		

One Day Cycle Training Plan

(For Experienced Cyclists)

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1	Rest/ Stretch	25 Minutes	Rest/ Exercise	25 Minutes	Rest/ Stretch	1 ½ Hours	Rest
2	Rest/ Stretch	30 – 40 Minutes	Rest/ Exercise	30 – 40 Minutes	Rest/ Stretch	2 Hours (25 - 30 Miles)	Rest
3	10 Miles	Rest/ Stretch	Rest/ Exercise	10 Miles	Rest/ Stretch	Rest	25 – 35 Miles
4	10 – 15 Miles	Rest	10 – 15 Miles	Rest/ Stretch	5 Miles	30 – 40 Miles	Rest
5	8 – 10 Miles	10 – 15 Miles	Rest	10 – 15 Miles	Rest	Rest	40 – 50 Miles
6	10 Miles	15 – 20 Miles	Rest	15 – 20 Miles	Rest/ Stretch	Rest	45 – 55 Miles
7	Rest	20 – 15 Miles	Rest	20 – 25 Miles	Rest	Rest	50 – 60 Miles
8	10 Miles	Rest	15 Miles	Rest	Rest	20 – 25 Miles	55 – 65 Miles
9	Rest	15 Miles	Rest	25 Miles	Rest	45 – 55 Miles	60 – 70 Miles
Week Before!	10 Miles	5 Miles	10 Miles	5 Miles	Rest/ Stretch	Rest	



Basic Stretch Programme

Calves	Stand approximately 2 metres away from the wall with your legs straight and heels on the floor. Step and lean forward and slowly push your hips towards wall. You should feel a slow pull in the calf muscle behind. Hold for 10 seconds, swap legs and repeat 3 times.
Hamstring	Stand with legs 1 metre apart. With legs straight and hands behind your back slowly bend forward at the hips, keeping your back straight and head up. You should feel a slow pull in muscles at the back of your leg. Hold for 10 seconds, stand up and lean slightly back then repeat 3 times.
Quad	Standing with feet together, bring your left foot up and place your left hand on your lower shin by your ankle and pull behind your bottom. Keep your back straight and head up. You may need to balance yourself by placing your right hand on the wall. You should feel a slow pull down the front of your leg. Hold for 10 seconds, swap legs and repeat 3 times.
Groin	Stand with your feet 1 metre apart and both feet pointing forward. Keeping your back straight and head up, slowly lunge down to your right side feeling a pull on the inside of your left leg. Hold for 10 secs, swap legs, repeat 3 times.
Hips	Stand with your feet a shoulder width apart and hands on hips. Keeping your head still, rotate hips clockwise 10 times and anti-clockwise 10 times. Repeat 3 times.
Torso	Stand with your feet a shoulder width apart and your hands on your head. Keep feet pointing forward but twist your body as far as it is comfortable. Hold for 1 second, face forward, twist body in other direction, hold for 1 second, face forward. Repeat 3 times.
Shoulder	Stand with your feet a shoulder width apart. Start with hands by hips and keeping your arms straight, slowly swing your arms backwards 10 times, change direction swinging arms forwards 10 times. Repeat 3 times.
Standing Stretch	Stand with feet together. Place your hands together and reach as high as you can. Hold for 10 seconds, relax. Repeat 3 times.



Exercise Circuit

These exercises are designed to strengthen specific muscle groups.

The idea of the circuit is to complete each exercise then move onto the next. Once one circuit is complete go round the circuit again up to 5 times.

You can also increase repetitions for each exercise from 20 – 50 depending on how strong you are feeling!

Calf Raises	Stand with your feet together, about an arms length away from the wall. Your fingers should just be touching the wall for balance. Raise yourself slowly onto tip toes and then slowly lower. Repeat 20 times.
Squats	Stand with your feet a shoulder width apart with your hands on your hips. Keeping your back straight and your head up, slowly lower yourself so your knees are bent 90 degrees. Stand up so your knees are almost (but not quite) locked straight. Repeat 20 times.
Step Ups	Using the bottom step of a staircase or a low bench, start with your left foot on the step and your right foot on the floor. Stand up straight on your left leg and bring your right foot up to next step above and then lower your right back down to the floor. Repeat 20 times then swap legs and repeat.
Leg Extensions	Sit on a high sofa/bed/bench with the backs of your knees just on the edge and your feet hanging down. Lean back with your hands behind your head for support. Keeping the backs of your knees on the surface, slowly lift your left foot up so your leg becomes straight and then lower it down again. Repeat 20 times then change to your right leg and repeat.
Leg Raises	Lie front down on a mat or soft floor with your hands under your chin. Keeping your left leg straight slowly raise it six inches off the floor and then slowly lower again. Repeat 20 times. Change to your right leg and repeat.



Cycling Kit

- Your Bike!
- Gloves
- Shoes
- Socks
- Helmet
- Cycling Shorts
- Sunglasses
- Drinking Bottles
- Garmin

This is just a brief list of items you may need but you will be provided with an extensive kit list appropriate to your challenge when you are signed up.

If you are a keen cyclist with a trusted bike then do make sure you get it fully serviced a few weeks before your trip. If you are buying a new bike then do not leave it until the last minute, you will need about three months to get used to your new bike! Ensure you have a comfortable saddle, good handlebars and worn in cycling shoes!