

Kick start your cycle training.

Training plan update

With 12 weeks to go until the event, you need to seriously start thinking about your training plan and how you are going to integrate training requirements into your day-to-day life. Whether you are a seasoned cyclist, or this is your first event, proper planning is essential. Here are some key tips to help you succeed as well as help prevent injury:

1. Planning is motivational

Use the provided Nuffield Health training plan and stick to it. It is an easy reference guide to show you what stage your training should be at and what you should be achieving that week. As an extra motivational tool, why not write your plan as a contract to yourself, you're then much less likely to put off training!

2. Your bike

Whether you are using a road bike, mountain bike or hybrid bike make sure it is correctly fitted to you and is in good working order. Prior to starting your training regime and the event, it is worth taking it down to a local bike shop to get it serviced by a professional.

Setting up your bike:

- Keep the saddle flat. Tilting it forward can increase the pressure on your arms.
- Seat height should allow for a slight bend in the legs at the bottom of the pedal stroke.
- Bar position should allow for relaxed shoulders and a bend at the elbows.
- The ball of your foot should be placed directly over the pedal axle.

3. Water & refuelling

One of the most common health concerns during training and events is dehydration. Your body will be working hard and producing lots of sweat to keep you cool. Dehydration is a serious threat to your health and your performance, leading to a loss of strength and dizziness.

Therefore, make sure you drink enough water both in your training and on the day. Attach a bottle holder to your bike to ensure you always have water available to drink.

Also, practice eating on your bike. As well as hydration, refuelling with energy bars is important to maintain good energy levels during endurance training and the event itself. By practicing this whilst training, it will become second nature to do on the day.

4. Wear Lycra

A painful problem during endurance events is chaffing. Lycra is not only light and non-absorbent; it will also help reduce the amount of chaffing you suffer.

It is important that on event day(s) you wear kit that you have worn in, especially your shoes. Therefore, start thinking about your outfit at the start of your training and make sure you are comfortable and use to the clothes you are wearing from the beginning. Don't buy a brand new outfit to wear on the day! Blisters and chafes may be minor injuries, but in the worst cases they can prevent you completing your training or event and cause long-lasting sores.