

Before undertaking a training program you should consult with your doctor and have a check up!!

- Identify a realistic distance to complete, if you have not been on a bike for a long time, if at all, then set yourself the 50km distance, if you ride for a couple of hours on the weekend then the 100km would be a realistic goal. The 150km and 210km distances should be undertaken by reasonably fit cyclists who have been riding for some time.
- You should have a plan for the ride! You need to plan your food and water intake, make sure you have enough food and water for the time you will be on the bike. If you cannot carry enough food and water, check to see where the check points are located so that you can plan your intake.
- You should be drinking 150ml-250ml of water or sports drink every 15-20 minutes, even during cool weather some people can lose 1 litre or more through perspiration.
- If you wait until you feel thirsty to have a drink then it's too late.
- You also need to eat during the ride. Think of your body as an engine, as you exercise you empty the fuel tank, so as you continue to exercise, you need to top up the fuel tank to keep the engine running. The types of foods you eat depend on the individual. You should be trying to consume foods with high carbohydrate content, they also need to be easy to eat and the food should taste good which will encourage you to eat. Start nibbling after about 20 minutes, and continue nibbling. Some easy foods to consume include- Bananas, fruit cake, jam sandwiches, energy bars such as power bars and energy gels. If you are using energy gels you must ensure you consume approximately 400ml of water per gel to help the body absorb the concentrated carbohydrate.
- Don't wait until you are hungry to eat, nibble along the way.
- Train on terrain that is similar to the ride, it's no good training on flat roads if you are trying to complete a ride over undulating or hilly terrain.

50km ride training program

	MON	TUES	WED	THURS	FRI	SAT	SUNDAY	WEEK TOTAL
Week 1	5km	10km	5km	10km	Recovery	10km	10-15km	50-55km
Week 2	Recovery	10km	10km	10km	Recovery	15km	15km	60km
Week 3	Recovery	15km	15km	15km	Recovery	15km	20-25km	80-85km
Week 4 recovery week	Recovery	10km	5km	5km	5km	Recovery	10km	35km
Week 5	Recovery	15km	15km	20km	recovery	20km	25-30km	95-100km
Week 6	Recovery	15km	15km Faster	20km	recovery	30km	35-40km	115-120km
Week 7	Recovery	15km	20km	20km	recovery	40km	45km	140km
Week 8	Recovery	20km	25km	30km	5-10km	40km	45-50km	180-185km
Week 9	Recovery	10km	10km	Recovery	10km	Recovery	KCC 50KM!!!!	

Recovery on Mondays means no exercise on this day, recovery on other days of the week can include a walk or swim as an alternate exercise for that day.

Stretching should be a high priority, make time following the ride to stretch, and not just legs, but upper body as well.

Give some thought to your diet, you will need carbohydrate and protein in your diet and cut down on the saturated fats.

Drink plenty of water during the day.