

THE MIGHTY
CORINTHIANTM
The spirit of cycling

7 Weeks To Go – Keep Moving!

Great Weather at Last!

Today I rode in the sun...too hot. Last week it was snowing! But with the arrival of May, we have more reliable weather and longer days, so it's time to start increasing the mileage.

But First

We've had to make one last amendment to the route. Following the floods of December, everything has now been repaired, other than the Keswick to Threlkeld cycle path. So, the route now heads North from Keswick, passing the mighty Skiddaw before turning East towards the Caldbeck Fells. Distance and metres climbed are the same, but the route will be slightly faster.

Map here: <https://ridewithgps.com/routes/10412968>

The Key to Success!

We're fairly convinced, that if you can get to Hartside Pass at KM160 in reasonable condition, you have a very good chance of success. After this, the next 100km is steady, then you're so close to home, that motivation should do the trick!



So the key to success is to be able to ride 160km, holding something in reserve, so that you arrive there feeling ok. When we put it like this, it sounds ok!

The Science

The main science is that there isn't that much science! It's long and steady, so you'll be burning almost as much fat as carbohydrate. The food stops will be varied, with real food and will recognise the need for this mix. In terms of training, the key is to get the miles in now that the weather is improving.

- You need to get some long rides in, this will allow your 'contact points' to get used to it and psychologically, it will give you confidence.
- Gradually increase the distance. The general advice is not to increase by more than 20% at a time and allow some recovery to avoid injury. Even at 20%, the distance builds quickly 50-60-72-87, it soon comes.
- Ride whenever you can. Try to fit extra ride time into your daily schedule, everything helps.
- Get a training partner, it really helps keep you motivated and makes the rides more fun.
- No hills nearby? On longer climbs your cadence will drop to around 70. If you only have steady hills, try climbing these in a higher gear which brings you down to this kind of cadence.
- It might not be about the bike...but, get out and use the bike which you will ride for the event, get your body used to it and uncover any problems before the day.

So, lots of small, simple things but if you apply them with a little discipline, on June 25, you'll be fine. 56 days!

As always, any specific queries, please get in touch on:

info@sportivelakes.co.uk

And keep send your bike build and training photos, they're great to see and share.

Full event information will be with you around June 10

Good luck! Alan and the Sportive Lakes Team