



Training Tips #1 Jan – Feb 2016

So you've signed up...or you're thinking of it and the scale of the challenge. You're probably a bit nervous – which makes sense, for most, this will be a journey into the unknown – in more ways than one! The key is a bit like eating the Elephant – you've got to do it one bite at a time! So here's some handy hints to get you into the right place by the time that the days lengthen.

1. Where are you now? Be brutally honest with yourself as this is the basis of getting things right. For example, if you're comfortable at 100km now, it's not too big a step to 100m and from there to the full distance. However, if you gave up with the rains in October, you might now be putting off that first ride and worrying about how bad it will be...don't!
2. Get moving! Inertia is the enemy. Anything is better than nothing, if necessary, start with something unambitious, enjoyable, something which you don't have to force yourself to do...just get moving! Once you're moving, momentum is easy to gather, so take care not to beat yourself on those first rides; leave yourself wanting more. Remember that any movement is better than no movement, take opportunities to put additional exercise into your normal life, from commuting to using the stairs.
3. Fix the roof! Have you got any specific weaknesses or injuries? Now is the time to either strengthen them or to get the support you need so that they're not a problem when the mileage increases. If you're not used to long distances, think about strengthening your neck and shoulders which will take a pounding. Audax UK are a good source of advice for long events.

4. Think about the bike. It may sound a bit early and you may not ride your retro machine until later on, but now is the time to give it some thought. Any changes you make need to be bedded in before the big day. There are few things worse than dropping out with a mechanical failure – thought and work put into the bike now, will pay dividends later.
5. Goals and milestones. Your goal is absolutely key for how you will train and what you set as your milestones. So, for example if you intend to potter around at 10mph, your goal might be to be ready to survive the distance by June. If you're targeting 15mph+, this will need to be a month or so earlier to make space for some strength and interval work. Regardless, you should try to be up to surviving 100km by the time the Feb-March Training Tips comes out.
6. Get a friend! Riding 300km alone will be a huge psychological challenge and limit your slipstreaming opportunities! It will also make training feel harder. If you can get a friend to sign up too, or at least to train with you, life will be so much easier. If you are riding solo, we'll put you in touch with similar pace buddies closer to the event.

So, that's all for now folks – remember, tomorrow never comes, get moving!

