

**CENTRAL SOUTH ISLAND CHARITY BIKE RIDE -
TRAINING TIPS AND MINIMUM SUGGESTED PROGRAMME**

ESSENTIAL

Be progressive in your buildup. Build time / distance approx 10% per week
 Be CONSISTANT - a little bit often gets you FIT. A big bit not very often leaves you wrecked.
 Get a bike set-up done. See your local bike shop for help with this
 Look after yourself on the bike. Drink EVERY 15 minutes at least, regardless of ride length,
 and eat every hour AT LEAST
 Look after yourself off the bike. Eat well, drink plenty of water, get plenty of sleep
 Be genuine with your commitment to training. Find a time of day that suits you, and stick to it
 Pace yourself. Most of your riding should be done at a pace that lets you talk to someone

RECOMMENDED

Ride with a group as often as you can
 If genuinely stuck for time, get the long ride in each week
 Headwinds and hills are a fact of life - GET USED TO THEM. (Just watch the Mice as they
 speed past - they all go looking for hills to train on)
 Keep a diary of your rides - distance, time, course etc. It can be nice to look back and see
 you are actually making progress

REMEMBER

You do get used to the bike seat. If you don't, either it's the wrong seat, or you aren't sitting
 on it often enough!
 Expect Bad days - make the effort and go out, even just for 15 mins
 Expect bad weather - take a lightweight, windproof jacket, especially on your long rides
 Take a cell phone and a little bit of emergency coffee money
 Take a spare tube and tyre levers - even if you can't fix a puncture, a passing cyclist or

Week Ending	Mid-week rides	Weekend ride. All long and slow	Notes
4th November	2 at 30mins	3.0hrs	
11th November	2 at 30mins	3.25hrs	
18th November	1 at 30, 1 at 45mins	3.25hrs	
25th November	1 at 30, 1 at 45mins	3.5hrs	Start finding some hills
2nd December	2 at 45mins	3.75hrs	
9th December	2 at 45mins	4.0hrs	
16th December	2 at 45mins	4.25hrs	
23rd December	2 at 30 mins	4.5hrs	
30th December	3 at 1.0hr	5.25hrs	Use Xmas holidays to ride more
6th January 2013	3 at 1.0hr	5.5hrs	
13th January	2 at 1.25hr	5.5 hrs	Start riding on 2 or 3 consecutive days
20th January	2 at 1.5hrs	5.75hrs	
27th January	2 at 1.5hrs	5.75 hrs	
3rd February	3 at 1.25hrs	6.0hrs	
10th February	3 at 1.25hrs	6.0 hrs	
17th February	2 at 1.0hrs	2.5hrs, easy pace, mainly flat	Take it easy this week
24th February	Charity Ride 2 days at 9-12hrs	Saturday - 6-8hrs. Sunday - take the day off. OR 1 hr easy - start training for next year!!	Well done - mission accomplished

REMEMBER - The above are a MINIMUM. Get in more short rides if you can