



Training for the Superhero Cycle Challenge

How you start training for a long distance cycle ride depends largely on your present fitness level, age and the amount of cycling you have done in the past. Everyone is different, so do not put too much pressure on yourself. You'll enjoy the challenge more, and not get discouraged, if you take it easy in the beginning and follow our advice. And don't forget, this is supposed to be fun! Enjoy yourself!

Here's some helpful tips to get your started.

- Warm up at least ten minutes before undertaking any exercise, and don't forget to plan adequate rest days as part of the training to give your body time to recover
- Get up an hour earlier and go for a quick cycle
- Why not cycle to work? If you can't cycle the whole way, why not cycle to a train or bus station and then continue your journey on public transport. Make sure you are happy and able to leave your bike in a safe place
- Use your lunchtime to take regular brisk walks or cycle around your work area
- Find a steep set of stairs to climb in work or at home. Climb them five times, at least three times a week
- At weekends find some hilly areas to experience cycling on diverse surfaces and facing different weather
- Join a spinning class at your local gym



Fighting "saddle soreness"

Perhaps the most difficult aspect of cycling, especially for new cyclists, is the pain in the rear end after sitting on a narrow bicycle seat for long periods of time. This pain can only be overcome by gradually increasing your time in the saddle over some weeks or months. Begin with short bike rides of 15 to 20 minutes in duration and see how you feel after that. Gradually increase the duration and alternate your training days with longer and shorter bike rides.

Cycle in the air!

Lie flat on the floor with your lower back pressed to the ground. Put your hands beside your head. Bring knees up to about 45 degree angle and slowly go through a bicycle pedal motion.



Touch your left elbow to your right knee, then your right elbow to your left knee. Keep even, relaxed breathing throughout.



Get some cycling calves!

Place the ball of either one or both feet on the edge of some steps or perhaps the bottom of your staircase at home, holding onto a secure object to keep your balance. Smoothly raise your heels upwards, placing all the weight onto the balls of your feet, hold in this position for two to five seconds prior to returning back down, taking your heel down towards the floor. Keeping your foot in the downward position is also an excellent stretch for calf muscles.

eight week training programme

	Week 1	Week2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Monday	Bike 45 min Easy/Med PRE 4-6	Bike 60 min Easy/Med PRE 4-6	Bike 80 min Easy/Med PRE 4-6	Bike 90 min Easy/Med PRE 4-6	Bike 120 min Easy/Med PRE 4-6	Bike 150 min Easy/Med PRE 4-6	Bike 180 min Easy/Med PRE 4-6	Bike 60 min Easy/Med PRE 4-6
Tuesday	Rest	Rest	Rest	Power Walk 30min	Power Walk 40min	Power Walk/Jog 50min	Power Walk/Jog 50min	Rest
Wednesday	Warm up 5 min Jog 1 min Walk 1min, x6	Warm up 5 min Jog 1 min Walk 1min, x10	Cross train/swim 30mins PRE 4-6	Cross train/swim 40mins PRE 4-6	Cross train/swim 50mins PRE 4-6	Cross train/swim 70mins PRE 4-6	Cross train/swim 70mins PRE 4-6	Cross train/swim 25 mins PRE 4-6
Thursday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Bike 1min hard 1min easy, x5
Friday	Rest	Warm up 5min Jog 10min	Bike 60min Hilly Route	Bike 80mins Hilly Route	Bike 60mins Hilly Route	Bike 90mins Hilly Route	Bike 90mins Hilly Route	Rest
Saturday	Bike 45mins Easy/med PRE 4-6	Bike 25minsMed /Hard PRE 6-8	Bike 1mins Hard 1min Easy x10	Bike 45mins Med/Hard PRE 6-8	Bike 30mins Med/Hard PRE 6-8	Bike 1mins Hard 1min Easy x14	Bike 50mins Med/Hard PRE 6-8	Easy spin 30mins
Sunday	Rest	Rest	Rest	Rest	Rest	Rest	Rest	Event Day

Training programme kindly created by:

