



your  
cycle  
training  
guide

Registered Charity No. 298405



# Thank you

Thank you for choosing to cycle for Children with Cancer UK and supporting us in the fight against all childhood cancers.

This booklet contains lots of helpful training advice to support you in the lead up to your event.

Thank you from us all at the charity and, most importantly, the children who will benefit from your support.

## Good luck!



# Getting started

Before starting out, it is a good idea to see your doctor for a medical or health assessment - particularly if you smoke, have any pre-existing health conditions, history of disease in your family, or potential health conditions.

## Shoes and clothing

Good quality and appropriate clothing for your event and training is essential. If you are using cleats make sure they fit properly and you have practiced clipping in and out of the pedals when stopping and starting. Ensure that the footwear you choose is thoroughly broken in.

When purchasing your clothing, the important thing is that you feel comfortable in whatever you will be wearing. Remember, please don't wear anything new on event day - anything you wear should be tried and tested!

## Setting goals

When starting your training, it's important to set yourself goals. This will give you something to aim for and help with your motivation. Why not use our training guides and set yourself goals in the lead up to the event?



# Warming up and cooling down

## Warming up...

can help reduce the chances of getting an injury. This should be an integral part of your training.

## Cooling down...

is just as important. Once your event is complete, you should ease down and stretch out gently. Stretches should cover all the major muscle groups, particularly the legs and back. Do remember to hold each stretch for 10-15 seconds.



# Diets and fluids

As we all know, a healthy and balanced diet is essential for good health.

The key to this is simple - everything in moderation, plus some extra carbohydrates if you're exercising.

When you exercise, your body needs extra water to keep you cool and to replace the fluid you lose in perspiration.

Drink before, during and after training. If you exercise while dehydrated, your temperature can rise quickly and could cause heatstroke. Remember to keep alcohol to a minimum, as it will contribute to dehydration.

Some people use sports drinks (isotonic) whilst training and exercising as these help to maintain fluid levels better. Sports drinks usually contain fluid, carbohydrates and sodium.

Remember to check which drinks will be available during your event and train with them to best simulate your experience.

# How to train

The key to all training is to start slowly and work your way up. Our training plans are a guide – only you know your own body and know what feels right. The most important goal is to finish the event in one piece and enjoy it, so start slowly and build up.

## Additional training

Cycling will form the core of all your training but it is also beneficial to incorporate other types of fitness training in your programme, so that you get to the finish line in the best possible shape.

## Flexibility training

Flexibility training is stretching at the end of the training session. This will keep your muscles long, supple and injury-free.

## Cross-training

Cross-training is the name given to other forms of training (e.g. running and swimming) that complement your cycling training. This can be extremely beneficial as it allows your body to recover from a cycle whilst still providing training benefits.

## Resistance training

Resistance training, or weight training, is very useful to strengthen all areas of the body, correcting any muscle imbalances.

## Cardiovascular Training

Many of our challenges involve long days, where you may be climbing to high altitude, which will make breathing harder. It is important during your training that you improve your cardiovascular system to a level where your body will be able to cope with tougher sections. Some of your sessions need to challenge your aerobic system and make you breathe more heavily.

# Training plans

Visit our website for more training tips.

**[childrenwithcancer.org.uk/cycling-training](http://childrenwithcancer.org.uk/cycling-training)**

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