



Charity Registration No. 1016122

THE RACE AGAINST TIME TRAINING FOR CYCLISTS

TRAINING FOR CYCLISTS



THE RACE AGAINST TIME

Land's End to John O'Groats
in support of families and
children affected by
HIV/AIDS in South Africa

6 Days of Cycling



www.TheRaceAgainstTime.com

www.bstrust.org

Bishop Simeon Trust PO BOX 4514 DUNSTABLE LU6 9QE
01626 821739



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TRAINING TIMETABLE 2012

January 1 to race date

Please note that this is flexible, and is to give you an idea of what you should be aiming for from a base of around 50 miles per week. Training can be done either on the road or on a turbo trainer. The following guidelines are variable as weather, health, personal and all sorts of other issues can disrupt plans. However, it should get you to a situation where you will be able to complete the ride successfully. The recommendations for the long rides should get you used to coping with short recovery times.

<u>Month</u>	<u>Miles per week</u>	<u>Long rides</u>
January	60 - 80	1 @ 40; 1 @ 50
February	80 - 100	1 @ 60; 1 @ 100
March	100 - 150	2 @ 100; 2 long rides on consecutive days
April	150 - 200	3 @ 100; 2 long rides on consecutive days
May	200 - 250	3 @ 100; 2 100-milers on consecutive days
June (1 st half)	200 - 250	1 @ 100+ miles
June (2 nd half)	Taper as you approach the ride.	
Post race	Gentle mileage to ease the aches out of the legs.	

KEY TRAINING CONTACTS

If you need any advice on training for *The Race Against Time*, please contact one of the following:

Mike Rainton (2007/8/9/10/11 vet) Race Director 2012 p.rainton@btinternet.com

Howard Sansom (2008/11 vet) h_sansom@o2.co.uk

Martin Hart (2009/11 vet) Race Director 2012 mjh-1@live.co.uk





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General tips

- Get plenty of sleep throughout training period. Try and avoid tiredness in the day and colds etc.
- Audax rides have worked superbly for many of our past riders - they provide organised routes, events and distances to aim for, variety of rides, no shortcuts possible! See later for details of the Audax website which lists all rides near you.
- Learn to ride in a group - this is very important. Membership of a local club can help - join weekend club rides to get used to riding in a group. It helps to get used to riding close to the back wheel of the rider in front: maybe try a chain-gang.
- Rest and recovery days after long/hard sessions are essential to keep you fresh throughout
- Don't be too rigid about the training plan - you will have hiccups due to illness or injury. Its better to take time off and recover fully than to train through sticking to your plan and causing further harm.
- Kit - buy the right kit for all weather conditions to keep you comfortable
- Commute - ride to work as part of training programme.
- Don't train through illness.
- Try to avoid peaking too soon, and 'taper' towards the Race date.
- Subscribe to Cycling Weekly/Cycling Plus, for advice, hints and motivation.
- Keep getting the sponsorship in, it keeps you motivated by people saying 'WOW', 'fair play' and 'you're mad' - plus you need to prove yourself to them.
- Create a wall chart to review your progress.
- Make sure your family are behind you.....and finally remember what it's all about!!



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Food

- Learn about your body, fluids and food.
- Test out different energy drinks and foods.
- Find nice tasting energy gels, these are a real bonus for that last hr/push.
- Recovery drinks are an absolute must - find the ones that suit you best.
- Our riders recommend malt loaf, jelly babies, pastas, brown rice as training foods.
- Brands: Rego (Sis), PowerBar, High5 chocolate (actually tastes nice)
- Remember hydration - you need a lot of fluid on long distance rides

Luke Joysmith's training regime

NB: Luke took part when the ride was a 5 day event (175 miles a day rather than 145), so his training reflects this.

I completed the ride in June 2006 and as at January 1st the furthest I had done in one go was 40 miles. My main target was to get to 100 as quickly as possible.

I spent a lot of time on the turbo trainer, building up the length of time. I just put it on the hardest resistance and built up from 20 mins to 30 mins to 45mins, then regularly 1 hr ride with a cadence around 70. I also tried to keep in the saddle when riding. This really built up my strength and knocked stones off my waist.

I'd try to ride 3-4 times during the week (the trainer counted as a ride), otherwise tried to do a 2 hour evening ride. Also every weekend tried to do a long ride. It took about a 1-1 ½ months to build up to a 100 mile ride, then tried to do this every weekend as a minimum.

The problem was fitting in longer rides with family and work commitments, I did do a 135 mile, this was the longest before the TRAT training weekend when we did 150 around Hants. Right up to the ride itself I tried to keep this up (3-4 rides in week either 2hr rides or 1hr min on the trainer + 1 long ride at the weekend).

But the strength does stay in the legs once it's there.



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Simon Legg's training regime

NB: Simon took part when the ride was a 5 day event (175 miles a day rather than 145), so his training reflects this.

My training plan was fairly straightforward - but it sort of worked

- Jan** one long ride at the weekend - 90 miles - fast commuting during the week
- Feb** one long ride at the weekend - 110miles - fast commuting during the week
- March** one long ride at the weekend - 130miles - fast commuting during the week
- April** one long ride at the weekend - 150miles (but two rides on consecutive days at Easter of 150 and 130 - fast commuting during the week late April to mid-June - Wednesday morning fast ride 90 miles - one short stop at most
- May** one long ride at the weekend - 160miles (but two rides on consecutive days at Mayday Bank Holiday of 170 and 150 and same again at Whitsun) - fast commuting during the week, but extra distance
- early June** one long ride at the weekend - 160miles - fast commuting during the week, but extra distance
- mid June** on fast morning ride at the weekend, Sat and Sunday - 90 and 80 miles

Daniel Babbs' training regime

NB: Dan took part when the ride was a 5 day event (175 miles a day rather than 145), so his training reflects this.

I've quickly put together my thoughts based on what I did and what I felt worked for me.

- Oct to Dec** as much base as possible
- Jan** One long ride at w/end, building up each time by 10 - 15%. Plenty more base, use of turbo trainer
- Feb** 100 mile ride + more base again building distance steadily
- Mar** 130 mile ride + one back to back 100 mile ride. Rest days become more important
- Apr** 150 mile ride + one 3 day back to back long distance
- May** 180 mile ride
- June** Regular rides but not too long or strenuous in the couple of weeks before TRAT





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It is important to fit in at least 2 back-to-back long rides to get used to the feeling of getting back on the bike after a long day.

I didn't do a single 200 mile ride prior to the trip. My reasoning was that if I could make it through a 180 mile training ride then a 200 mile ride in a group of 10, fully supported, should be easy-peasy. And (now it can be said) it was.

Mike Hopkins recommends: Audax Rides

If you want to supplement your training rides then I thoroughly recommend the 'Audax' events as great training - well organised and beautiful routes, cheap to enter, generally great checkpoints and basic food, interesting people and plenty of cycling! Generally the pace required on these is less than for TRAT but the combination of distance and often 'lumpy' terrain add up to a worthwhile challenge and excellent quality 'miles in the legs'. You do not have to be a member (but it's cheap).

Audax can be found at <http://www.audax.uk.net> with their full calendar which includes literally hundreds of organised rides throughout the year.

More Useful Links from TRAT veterans (for riding and raising cash)

Audax	http://www.aukweb.net/index.htm
General Cycling info	http://www.sheldonbrown.com/
Training	http://www.brianmac.demon.co.uk/enduranc.htm
Training	http://www.ultracycling.com/training/dc_mistakes.html
Cyclists Weather	http://www.metcheck.com/V40/UK/HOBBIES/cycling.asp
Virgin Money Giving	http://www.virginmoneygiving.com



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