

Week beginning	19th Jan	26th Jan	2nd Feb	9th Feb	16th Feb	23rd Feb
Monday						
Tuesday	30 min	45 min	60 min	75 min	90 min	90 min
Wednesday						
Thursday	30 min	45 min	60 min	75 min	90 min	45 min
Friday						
Saturday					30 min	30 min
Sunday	60 min	90 min	2hrs	2 1/2 hrs	3 hrs	Pass2Pub

Cruisy ride on shingle, For example in Timaru start at the Claremont end of Centennial Park, bike the south side top shingle road and carry on towards the Wetlands.

Moderate ride on undulating trails For example in Timaru start at Claremont end of Centennial Park and bike the north side trails, returning via the south side

Hill work time eg: start at Claremont end again, try out the narrower trails on the south side and then onto the north side track by the road bridge. As you get a little fitter and more adventurous, check out the the trails that head into the forest on the north side.

#### Other Training Tips

Always do a basic maintenance check before you ride - tyres, chain, brakes, gears

Always take plenty of water about 1litre per hour of riding

If you are riding longer than one hour take include some electrolyte replacement and maybe take some food, energy gels/bars, fruit, etc.

Always check the weather and take additional clothing if its going to be cold or wet

Its much more fun if you ride with others - go with someone who rides at your speed

Tell someone where you are going and/or take a cellphone

Try different routes and set your new challenges for each ride e.g. no stopping or riding all the way up or down a hill.