

## **PlaceMakers Pass2Pub Training Guide Week 1**

Our training programme starts now with shorter, less intensive rides and aims to gradually increase your fitness, skills and confidence. This training guide is based on 3 rides per week building from 30 minutes easy riding to more challenging longer rides. Don't just ride on the road or easy trails - try different routes with shingle roads, gravel walkways or farm tracks.

Make sure your bike is ready to ride with correctly inflated tyres, lubricated chain and cables, and the brakes and gears are working correctly. Always wear your helmet.

### **Week 1**

Thursday – 30 minutes easy

Sunday – 60 minutes easy

Tuesday – 45 minutes easy

Thursday – 45 minutes moderate – try some hills and some gravel

### **Beginner Riding Tips**

Look where you want your wheels to go, not at what you want to miss. Your wheels will follow your eyes.

To help relieve a sore backside stand up every 10 minutes while riding.

Learn how to use your gears properly – shift to an easier gear before you get to a hill, and do at least two full pedal revolutions after each gearshift (don't shift gears then immediately stop pedalling).

Use less or no front brake on turns, slippery or rough sections.

See the Pass2Pub Facebook page for more information or to enter visit [www.pass2pub.com](http://www.pass2pub.com)