

Pass2Pub Training Guide

Week 2

Last week initiated you into getting on your bike. Now you're ready to commit to training at a greater intensity. You should be riding on a mix of terrain (e.g. gravel pathways) with some hill work.

Set goals for each ride e.g. riding a particular trail without stopping.

If you can't manage each of the training rides it's recommended to complete the weekly long ride.

Learn how to use your gears properly – it makes riding so much easier. Shift to a low gear before you get to a hill, and do at least two full pedal revolutions after each gearshift. Don't shift gears then stop pedalling.

It's the body, not the bike, that pedals. Keep hydrated and drink while you are cycling. Eat nutritious energy foods like bananas and snack bars. You can also use high-energy gels.

Before you begin a training ride do a basic check over your cycle – are tyres, chain and cables, brakes and gears working correctly?

Week 2

Thursday – 45 minutes moderate

Sunday – 90 minutes moderate – include small hills and gravel riding

Tuesday – 60 minutes moderate

Thursday – 60 minutes more hills with more intensity

Beginner Riding Tips

Keep motivated and build up progressively with regular riding.

The bike saddle will get easier to sit on!

Riding with mates makes it fun.

See the Pass2Pub Facebook page for more information or to enter visit www.pass2pub.com