

## Pass2Pub Training Guide

### Week 3

This week is about continual build up so you get the most out of your training.

You don't want your heart beating too fast or too slow, so it's useful to train according to intensity zones.

- **Easy** (cruising) - you should easily be able to chat whilst training. Not much recovery is needed.
- **Moderate** (endurance) – this means your breathing is elevated, you need to open your mouth to breathe, and holding a conversation becomes increasingly difficult. This pace can be sustained for several 30 – 90 mins with a recovery rest at the end.
- **Fast** (hill work) – breathing is deep and you can only maintain this level of intensity for shorter periods of 2 - 20 mins. You will need a recovery time after this exertion (e.g. easy rolling, cruising).

### Week 3

Thursday – 60 minutes with hills and intensity to build leg strength

Sunday – 2 hours moderate gravel roads and small hills to build endurance and fitness

Tuesday – 75 minutes easy riding – combine with some leg stretches

Thursday – 75 minutes hill work

### Beginner Riding Tips

**Frequency, distance, speed.** Begin with frequency, then distance and finally speed. The golden rule is to increase only one of these parameters at a time. In other words, if you rapidly try riding every day of the week, on a longer route and at a faster pace you will burn yourself out very quickly. Fitness is about patience, sense and small stepping-stones towards your end goal.

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