

Pass2Pub Training Guide

Week 4

By now you should be starting to notice the effect of regular training, with improved fitness, strength and speed. Hopefully it's fun and you're starting to get hooked.

Practise basic MTB skills like looking ahead, changing gears early before an obstacle or change of terrain, and slowing or braking before you approach a corner or hazard.

The Pass2Pub team will be running a beginners MTB skills clinic in Centennial Park on Saturday 14 Feb at 9am (meet by the new kids' MTB track).

Week 4 training programme

Thursday – 75 minutes hill work

Sunday – 2 ½ hours moderate gravel roads and small hills to build endurance and fitness

Tuesday – 90 minutes hill work

Thursday – 90 minutes moderate gravel roads and small hills to build endurance and fitness

Beginner Riding Tips

Try to pedal efficiently by using a spinning movement. Start by putting less effort into your downward push on the pedals but extend the amount of time you put effort in pushing back on the pedals as they get to the bottom of the stroke. A good way of doing this is to imagine you are trying to wipe muck off your soles. Once you become comfortable doing this then start to gently push forward when the pedals are at the top.

One way to get the technique right is to pedal with just one foot – push forward, down, then back to create a spin.

This will make your overall stroke bigger, with less effort required.

The Pass2Pub is on Sunday 1st March 2015. Check out the Pass2Pub Facebook page or to enter visit www.pass2pub.com