

# 50km TRAINING GUIDE



# Getting Started!

Nightrider is all about having a great night raising funds for charity. The more you have trained, the more you'll enjoy the night and be able to look up and take in the sights around you. So to ensure you have a brilliant night, we can't stress enough the importance of training. We've put together some helpful hints to get you started and a training plan.

This guide will give you suggestions to assist you in preparing for the challenge. Use it as you see fit and modify it for your own purposes. Keep in mind that your ultimate goal is to be as physically prepared as possible for Nightrider.

Please remember that this challenge takes place on the city roads. Whilst we have tried to keep off the busiest roads where possible, you will encounter some traffic. You will therefore need to be confident cycling in traffic and you should include this as part of your training.

## FITNESS

You will be cycling 50km in one night and this will be all on-road. This will require a degree of endurance, leg strength, aerobic fitness and a tolerance to sit on a bicycle saddle for around 4-5 hours! Avoid possible neck, shoulder, back and bottom pains by slowly building up your fitness.

We would suggest you work towards being able to maintain an average speed of 12.5km / 8mph per hour.

## DEVISING YOUR TRAINING PROGRAMME

**1. Be Creative** ...If you have a busy lifestyle of work, family and fundraising commitments be creative where you can fit in your training. Start doing things such as getting up an hour earlier to go for a bike ride, cycling to work and going to the gym.

**2. Be individual**... This training programme has been put together as a rough guide, you may wish to remove or reduce the sessions, or add time and increase the number of sessions.

**3. Be diverse**... Don't just cycle to get fit, cross train with other sports e.g. swimming, running and going to the gym, this will make you enjoy training by breaking it up. Any other work outs will be a benefit. Ask a fitness instructor at a local gym to put together a weight and stretching programme. Spinning is another excellent way to build endurance and anaerobic fitness – spinning is a high energy, in door stationary cycling based group fitness programme.

**4. Be prepared**... The secret to preventing injuries and preparing yourself to get the most out of your training, is to develop a good, personal mileage base. The best strategy is to let the terrain, and how you feel tell you when to make more or less effort.

**5. Get motivated**... Remember the purpose of your training is to help you achieve this challenge. The more you put in before you go, the more you will enjoy the challenge whilst you are there. Keep in mind this goal at all times.

**6. Beating the weather**... It's all too easy during the winter months to make excuses not to train, but there are lots of fun ways to get fit and avoid the cold weather:

- Spinning - excellent way to build up cycling fitness
- Gym work on the bike will help improve your fitness
- Aerobic classes and swimming are great for overall fitness
- When the sun is shining get your bike out and make the most of it
- Train with a friend



# General Tips

## For You...

- Get into a routine of exercising regularly. Make a weekly plan that fits around your other commitments.
- Before riding, warm up with some gentle cycling or other gentle exercise, then stretch carefully. Warming down and more careful stretching are great ways to finish a training session.
- Start cycling slowly as this is one of the best ways to warm up.
- Find hilly terrain in order to experience cycling uphill and changing gear. If you are doing the Bristol Nightrider this is especially important as it is a hilly route.
- As the big night approaches, plan a number of longer rides.
- Cross-train with other sports e.g. running, swimming, gym workout to build your strength and endurance.
- Cycling with friends is much more fun so get a group of you together.

## And For Your Bike...

Nightrider has been completed on many different bikes. Most appropriate is a road bike, either drop or flat handlebars, with a reasonably wide range of gears and tyres that are at least 25mm wide. If you're using a hybrid or a mountain bike, we recommend fitting it with narrow road tyres. We strongly advise getting your bike serviced to make sure it's in a roadworthy condition and ready to ride 50km.

The tips below are a starting point but be ready to make small changes to get the set-up right for you.

- Keep the saddle flat. Tilting it forward can increase pressure on your arms.
- Seat height should allow for a slight bend in the legs at the bottom of the pedal stroke.
- Handlebar position should allow for relaxed shoulders and a bend at the elbows.
- The ball of your foot should be placed directly over the pedal axle.



# Suggested Training Plan

Time	Activity
<b>4 Months Prior to Event</b> Get into a routine of exercising regularly  Take the time to get your overall fitness levels up by either walking, swimming or cycling	Aerobic train 2 days a week, 30 minutes per session  Include within this: <ul style="list-style-type: none"> <li>• 2 x 10km cycle rides in the month</li> <li>• 1 x 15km cycle ride in the month</li> </ul>
<b>3 Months Prior to Event</b> Building a strong foundation of fitness	2 x 40 minute aerobic sessions every week 2 x strength training sessions in the month  Include within this: <ul style="list-style-type: none"> <li>• 2 x 10km cycle rides in the month</li> <li>• 1 x 20km cycle ride in the month</li> </ul>
<b>2 Months Prior to Event</b> Build your endurance and strength	2 x 40 minute aerobic sessions every week 1 x strength training every week  Include within this: <ul style="list-style-type: none"> <li>• 2 x 15km cycle rides in the month</li> <li>• 1 x 30km cycle ride in the month, including some hills</li> </ul>
<b>1 Month Prior to Event</b> You will be focusing both the physical and mental aspects of training	2 x 40 minute aerobic sessions every week 1 x strength training every week  Include within this: <ul style="list-style-type: none"> <li>• 2 x 20km cycle rides in the month</li> <li>• 1 x 40km cycle ride in the month</li> </ul>
<b>Week Before Event</b> Take it easier	2 x 15km cycle rides 1 x Strength training session

*Remember this is just a guideline – adapt the programme to your current fitness levels and your lifestyle. The more training you do, the more you will enjoy the event.*

**Aerobic Training** – This can include running, cycling, swimming, cross-country running, spinning, speed walking etc.,

**Strength Training** – Include exercises for arms, shoulders, back and abdominals, but also pay some attention to your legs. Each exercise should include 3 sets of 10-15 repetitions (reps) so that muscle failure occurs on the last set. You do not have to join a health club to get a good strength work out – you can do sit ups / press ups at home.

