

# EARTH WIND & TYRE

## TRAINING GUIDE



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A RENEWABLE WORLD CHALLENGE

Whether you're a beginner or a dedicated cyclist, these tips will help you improve your cycling performance and make the most out of this event.

## 1. Set up your bike correctly:

Every body is different and what is comfortable for me may be awkward for you. Ensure you adjust the handlebars, stem and saddle to ensure your bike is tailored to your body.

## 2. Hydrate properly when cycling:

Whether it's raining or sunny you will dehydrate quickly whilst cycling. The water lost through sweat and exhaled breath will reduce your blood volume, making your heart work much harder. By the time you are thirsty you will already be dehydrated. Prevent this by drinking small quantities of water or a sports drink frequently.

## 3. Try cycling intervals:

To improve your fitness without exhausting yourself, try varying your pace at intervals. Try cycling fast for short periods of ten minutes, followed by a recovery period. Repeat a few times during a ride.

## 4. Go the distance:

Building up stamina is vital, so long rides should be the foundation of your cycling training. Aim to go for a long ride every week or every fortnight at the least; this will make your body more efficient at burning fuel and will build your endurance levels. A long ride is anything over an hour, and varies depending on your fitness and goals.

## 5. Look after your body:

The fixed cycling position can lead to overstretched and tight muscles. Ensure you spend a few minutes stretching after each ride, making sure you include the chest and legs.

## 6. Build up muscle strength:

Specific strength training will make it easier to cycle, improving your performance. The key areas to focus on are arms, legs and back.

## 7. Mix it up:

When the weather is bad or it's dark outside try using your local gym. Spinning classes, exercise bikes and cycle trainers are all good ways to build your fitness.

## 8. Fuel yourself

The main fuel for exercise is carbohydrate, which is stored in the liver and the muscles as glycogen. The body can only store a small amount of carbohydrate, so it's important to top this up regularly during a long ride. Eat a carbohydrate-rich evening meal the night before a ride, and a carb-heavy breakfast to ensure muscle carbohydrate levels have been topped up. Protein, polyunsaturated fats, vitamins and minerals are also essential

## TRAINING KIT

- **Helmet:** A must to prevent injury in case of an accident.
- **Cycling shorts:** These are designed to prevent soreness from rubbing, well worth it for a long ride.
- **Basic bike tools:** A set of Allen keys, two spare inner tubes, a puncture repair kit, tyre levers, and a pump will keep you on the road. It is also a good idea to have a chain link extractor tool and an 'easy chain link' in your tool kit, just in case you snap your chain whilst out on a ride.
- **Cycling sunglasses:** These will keep dirt and dust out of your eyes.
- **Energy snacks:** To keep you going.
- **Clip-in pedals:** These cycling shoes lock into your pedal and make a big difference to your cycling efficiency because they enable you to pull up as well as push down.

## Eight-week training plan

This training plan is based around gradually upping your mileage so that you find yourself at the start line of Earth Wind & Tyre, confident that you will see out the distance. Midweek rides are shorter and can be done at a slightly quicker pace, though still at that nice endurance intensity, with a longer ride at the weekend to work on your ability to just keep going. Keep these efforts steady, remember it doesn't matter how quick you get there, just that you get there. Don't worry if you miss the odd session, what matters is that you keep that week-in-week-out consistency going, as that's what gets results. There will be times when the training feels like a chore and it all seems like too much. But persevere. Nothing in life worth achieving is ever easy, so keep your eyes on the prize of completing Renewable World's epic cycle challenge.

As your mileage increases, ensure you fuel yourself with the right foods. Make sure that at least one meal a day is high in carbohydrates; so try eating food like potatoes, bread, pasta, and rice. As well as this increased intake of carbohydrates, you should also ensure a good mixture of vitamins and minerals in your diet, those that are found in fruit and vegetables. Meat and fish provide some of the essential micro-proteins that help muscle development. Vegetarians will probably have established a balanced diet already – simply add the foodstuffs that will provide you with more energy. It is also worth investing in energy bars and energy drinks/tablets for your training sessions; these can provide a pick-me-up should you start to tire whilst out on a ride. Last but not least, always make sure you drink lots of fluids as you will be losing a lot of water and could easily become dehydrated. Basically, if you are careful with your diet, try to eat more healthily, and ensure you eat plenty of complex carbohydrates before and after long rides, you will be fine.

The eight-week training plan below is just a guide. What we recommend is that you aim to be able to ride 100 miles at least two weeks before the event, then the last two weeks before the event you should ride your bike but reduce your mileage to make sure you are as fresh as possible for the event.

Good luck and happy training!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Rest or recovery ride	20 miles	Rest	20 miles	Rest	20 miles
2	Rest	Rest or recovery ride	30 miles	Rest	30 miles	Rest	35 miles
3	Rest	Rest or recovery ride	40 miles	Rest	30 miles	Rest	50 miles
4	Rest	Rest or recovery ride	40 miles	Rest	Rest	30 miles	60 miles
5	Rest	Rest or recovery ride	45 miles	Rest	Rest	35 miles	75 miles
6	Rest	Rest or recovery ride	50 miles	Rest	30 miles	Rest	100 miles
7	Rest	Rest or recovery ride	50 miles	Rest	Rest	30 miles	60 miles
8	Rest	30 miles	Rest	Rest	10 miles and bike check	Day of event - 100 miles	