

Cycling Tips

Pedal Smart

Give your muscles and aerobic systems a break! For instance, think about how a 10kg bench press for 10 reps is less effort than one rep of 100kg despite lifting the same amount. A cadence (pedalling rate) of 90rpm is recommended.

The Rule of Thirds

Break the day down by setting yourself mini-goals. A 90 mile bike ride may seem daunting initially, but completing each stage will motivate you to the end and everything will seem more manageable.

Learn Drafting

Effective drafting can reduce expanded energy by 20% when cycling against the wind. Riders take turns at the front of the line, reducing the headwind for riders behind.

Listen to your body, not your brain

No doubt you will have tough moments, but how you deal with those moments will make a huge difference to your overall success during the ride. No matter how bad you're feeling, you can keep going a little longer. The mind usually gives out well before the body.

You Can't Avoid Hills

It's obvious you can't replicate the real thing in your training. Hills and wind are rough for any rider, so when faced with one or both, don't panic! Drop as many gears as needed and focus more on maintaining your RPMs than your speed.

Boycott Bacon Butties

High-fat foods take a long time to digest, especially when you're on the road and your body is focused on fuelling your heart and lungs instead of digestion. Keep yourself going with whole grains and fruit. Save the full English for your recovery after the challenge!

Practice Uphill

Uphill cycling is really helpful in increasing your muscular endurance. When pedalling uphill, cyclists reduce cadence and push harder on the pedals.



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Train Clever

Experts say it's best to train at around 75% of your maximum heart rate. So not too fast, not too slow.

Stay Motivated

Always have a plan for your training. Switch it up a little to keep things interesting or push yourself more.

Perfect Porridge

Porridge contains plenty of slow-releasing carbohydrates, making it the ideal pre-ride breakfast. Eaten 2-3 hours before cycling, it'll provide a gradual source of energy to help regulate blood sugar and maintain energy levels

Careful with Electrolytes

If sports drinks do not benefit your glycogen stores, ensure you are taking in enough carbohydrates through other forms.

Protein Drinks

Often associated with bodybuilders, protein drinks are actually really beneficial when exercising; not only do they provide carbs, they assist the recovery of the muscle fibres.

Caffeine

Caffeinated drinks have been shown to enhance your performance, but don't rely on them. It's also not wise to overdo it on the caffeine if you suffer from high blood pressure or have a heart condition.

