

NIGHTRIDER 100 KM 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.

DEVisING YOUR TRAINING PROGRAMME

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.

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.

BE DIVERSE

Don't just cycle to get fit - cross train with other sports e.g. swimming, running and going to the gym. Any other workouts will be a benefit!

BE 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 on the night. Keep this in mind at all times!

- 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 - 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 Nightrider Bristol 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 workouts to build your strength and endurance.
- Cycling with friends is much more fun so get a group of you together and train together!

**TIPS FOR
YOU...**

...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 100km.

- 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

4 Months Prior to the Event

Get into a routine of exercising regularly. Take the time to get your overall fitness levels up by either walking, swimming or cycling

3 Months Prior to the Event

Build a strong fitness foundation

2 Months Prior to the Event

Build endurance and strength

ACTIVITY

2 x 30-35 minute aerobic sessions every week

Include within this:

- 2 x 20km cycle rides in the month
- 1 x 30km cycle ride in the month

2 x 40 minute aerobic sessions every week

1 x strength training session every week

Include within this:

- 2 x 30km cycle rides in the month
- 1 x 40km cycle ride in the month

3 x 40 minute aerobic sessions every week

1 x strength training session every week

Include within this:

- 2 x 40km cycle rides in the month
- 1 x 50km cycle ride in the month, including hills

SUGGESTED TRAINING PLAN



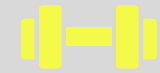
TIME

1 Month Prior to the Event

Focus on the physical and mental aspect of training

Week before the event

Take it easier!



ACTIVITY

3 x 40 minute aerobic sessions every week

1 x strength training session every week

Include within this:

- 2 x 50km cycle rides in the month
- 1 x 80km cycle ride in the month

3 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!



