

Training notes:

(for endurance rides such as the E2E or C2C)

- **Train-wise! Train-specific!**

This plan will help achieve the endurance fitness required to complete the steady –‘long duration’ riding of the End to End. The endurance fitness necessary to complete this ride is very different to the fitness required for shorter speedier riding. It is essential to remember this when training.

- **Steady-Eddy!**

All rides (even the shorter ones) need to be completed at a similar ‘steady’ riding intensity to that likely during the carefully paced riding of the E-2-E. Riding at higher intensity will not achieve the correct type of fitness that you will require for the E-2-E; even if it feels like a better workout at the time. So for all rides keep pace steady and avoid ‘eye balls out’ efforts. Also avoid very hilly rides, where the heart rate soars whilst hill climbing. (Alternatively change your bike’s gearing to enable you to ride all gradients at a steady pace.) Higher intensity training may, or may not, come later in the training programme depending on progress.

- **Build your foundations first!**

Endurance fitness, established by riding long and steady mileage, is an initial and essential foundation. On to this ‘foundation’ other more intensive training forms can then be included, if time. For example strength training to aid hill climbing ability; or speed work to increase average cruising speeds. However all other fitness types rely on the foundation of ‘base endurance’ fitness that can only be gained with steady rides that, over time, extend your mileage range.

- **Establish a rhythm in your training!**

Aim to ride as close to the same day of the week, each week, where possible. This will help establishment of a biorhythm of training stress then recovery. For endurance cyclists, establishing this rhythm is very important as the liver gradually adapts to store greater amounts of Glycogen. This in turn aids the bodies fuelling of greater cycling distances as the training programme progresses.

- **Plans are made for changing!**

Riding when ill or fatigued does not achieve better results. To the contrary it impedes the bodies recovery, upsets future training as your body registers it as ‘over-training’. This can, for those used to pushing the boundaries, be detrimental to long term health or even dangerous. Please monitor your basal (resting) pulse rate on a regular basis. As you get familiar with it’s normal rate, when recovered, you will be able to use it as a tool to check recovery and the onset of fatigue or illness. Any training programme can be changed if needed, so don’t get hung up if there’s a need to miss or shorten sessions because you have not recovered adequately. If unsure do a less demanding ride and monitor the response.

The training cycle for **improvement** is: Training stress –rest –**recovery**- (back to start)

The training cycle for **disaster** is: Training stress –rest –**limited recovery** (back to start)

- It's a fine balance! Get rid of the guess work. BPR monitor!**

The difference between effective training that leads to improvement, and over training that leads to disaster, centres on allowing your body to recover adequately. This balance is very hard to get right when you are trying to maximise how much training and improvement you can bring about in a particular time frame. You obviously won't get results and improvement if you always whimper out of training. However over-training is much more common than under-training in highly motivated subjects. Whilst you can try to reflect on how you are feeling, and whether you are recovered enough for the next ride, Basal Pulse Rate (BPR) monitoring is a much more effective tool. Get monitoring BPR on a daily basis. Once you have provided some data, your coach will tell you how to interpret it.
- Stuffing your face! - on the bike**

Contrary to the popular belief, even by some high level endurance athletes until quite recently, there is no benefit to limiting your liquid or food intake on training rides in the belief it will make your body more resilient during demanding events. Great amounts of research over the past 30 years has shown contrary results and concluded that greater improvement results during training where:

 - Liquid levels are regularly replenished
 - Complex Carbohydrate levels are replenished before the effects of low blood sugar (giddiness known as 'The Bonk') is felt.

Even in cold weather drink at least a pint of liquid per 1.5 hours of riding. Eat equivalent 'carbs' to at least a banana for every 30 miles of riding. This is especially important as rides get longer and your body will have greater difficulty in providing energy from just your bodies glycogen and fat reserves. Dehydration results in loss of power and lowers the effectiveness of training. So, unless you like suffering for no particular reason, drink plenty of water with cordial or juice added. Avoid rubbish like Glucose drinks, as the simple sugars cause quick highs in blood sugar and then dump you into a low just as quickly. Some energy drinks, with complex carbohydrate, are suitable for endurance cyclists. As ride lengths extend, later in the programme, these will be useful to help you in the late stages of long rides. Your coach will provide information on these later.
- Stuffing your face! - off the bike**

Keep to a good balanced diet. As training increases so will the need for more complex 'carbs' like potatoes, pasta, bread. Avoid bingeing on sugary or fatty foods; especially when you have just got in from a ride and feel you just want anything, to avoid collapse. It is important in this state to try to eat immediately, to speed recovery (which will help the next days riding), however try to keep to quality 'carbs' by having a banana, piece of buttered bread or similar. Even better, eat on the bike, as you get home.
- Sleeping beauty -fully?**

As training duration and intensity increases, so will the need for greater rest. Otherwise you can easily find yourself getting fatigued which will affect your rate of recovery and subsequent training.