

Training for Pastor G's 59 Mile Bike Ride – Saturday, July 24th

You can train for the bike ride in just 8 short weeks – here's how!

Experienced cyclists will tell you that the most difficult part of a ride is getting a poorly nourished and under trained body to go past its limits. Poor training can lead to an unpleasant experience and in the worst-case scenario, injuries. By following a training schedule you will be prepared to enjoy the ride. The main principle of training for the ride is to increase your mileage gradually over a number of weeks. By doing it that way, you help avoid injury, burnout and over-fatigue. Plus you will also be able to detect any issues with your body or your bike that you want to discover before the big day.

There are several things to consider in order to have a trouble-free ride. They include:

- * The right *equipment*
- * The right *training*
- * The right *food*
- * The right *attitude*

Equipment

The right equipment means comfort. Your bike should fit you well and should be familiar. If you aren't sure, have your local bike professional provide a fit-assessment. Don't plan to ride a new or a borrowed bike on your first extended ride. Essential equipment includes:

- * A properly fit helmet
- * Water bottle
- * Cycling clothing, including shoes, shorts, gloves and possibly rain gear (as long as there is no lightning we will ride!)
- * Sunglasses

Training

The core of your training should be endurance training. If you start your training about 8 weeks before the ride, you will have ample time to prepare for the ride. If you already ride about 7 hours a week, you will need far less time to prepare.

WEEK	SAT	SUN	MON	TUES	WED	THURS	FRI	TOTAL
<i>Train</i>	<i>Easy</i>	<i>Pace</i>	<i>Brisk</i>	<i>Rest</i>	<i>Pace</i>	<i>Pace</i>	<i>Pace</i>	
1	4	5	9	0	7	20	6	51
2	5	9	12	0	9	28	7	70
3	6	11	15	0	11	35	11	89
4	7	12	15	0	15	36	11	96
5	8	12	15	0	18	40	11	104
6	9	12	16	0	18	42	12	109
7	10	12	17	0	18	50	12	119
8	10	12	17	0	8	58	<i>Rest</i>	105

Easy = leisurely ride

Pace = matching the average speed you want to maintain during the ride

Brisk = faster than your average speed (we are not competing, our goal is just finish!) 😊

Nutrition

As the ride day approaches, food becomes the critical component for a successful bike hike. A few days prior to the ride you should start hydrating. Drink water frequently, cut back or eliminate caffeine and alcohol, and add carbohydrates to your diet.

On ride day, eat a light breakfast of high-carbohydrate foods and drink lots of water. On the ride drink before you're thirsty. Water or a sports drink should be your first choice. Eat easily digestible, carbohydrate rich-food such as energy bars, bagels, fruit or granola. Don't try something new on the ride. You should eat things you know agree with you. We will have all this available.

- Don't skip breakfast.
- Pre-exercise high-carb meals – liquids, solids or sweets have consistently proven to enhance performance.
- Load up while you ride. You will need 30-60 grams of carbs per hour while riding. Eat energy bars, carbo gels, or pocket fuels along the ride. Again, we will provide these for you.
- Prehydrate! Before a long ride, start hyper-hydrating at least 24 hours in advance.
- Keep on drinking – in the summer you can lose more than 2 liters per hour – that is about 67 ounces. You need to replace it or you will start losing power within 30 minutes.
- Eat wet food – fruit and vegetables are great fluid sources. A few days before eat more than usual.
- Sports drinks are best – they help replenish sodium, potassium and electrolytes. At periodic rest stops you will find fruit, energy bars, bottled water/sports drinks. Again, we provide.

Attitude

Ease into the ride pace. This isn't a race, and if it's your first long-distance bike hike, the goal is to finish comfortably. Here are some more tips for an enjoyable ride:

- * Change your position often. Move you hand position, get up off the saddle, stretch your arms, shoulders and neck, arch your back and stretch out. Avoid staying in one position too long.
- * Take short rest breaks off the bike. As an organized ride will offer regular water and food stops, whenever you want. The church van will be along to take care of you. Just wait where you stop. Take advantage of this time to get off the bike and refill your water bottles, stretch, and use the restroom. We will keep these stops to 10 minutes or less or you may risk getting stiff.
- * Riding with others makes the ride go faster and makes it feel easier!

Attitude is everything. If you have prepared yourself well, there isn't much more to be done on ride day than sit back and enjoy the scenery.

All riders should raise a minimum of \$100 or more through sponsors (or personal gifts) for missions. Make checks payable to "Stone Creek Church" and specify "Tour de Boston" on the memo line. 100% of the financial support that is raised will be directed towards an inner-city youth mentoring program in Boston, MA.

We will leave at 6 AM sharp from Stone Creek Church parking lot. (You need to arrive before that for any bike adjustments, etc.) If you are late, there will be a van to load your bike and get you caught up with the rest of the riders. We will leave at 6 AM!

Any questions contact Marcela Said at msaid@stonecreekwired.com or 217.344.5455, ext. 12.