

1. Training

The 4 Four Pillars

Nutrition – Eat Real Foods, consistency, limit sugars pre workout and during your normal daytime.

Strength – Strength training enhances your metabolic rate, economy and muscular endurance. It's also a key limiter for many novice, female and veteran athletes.

Economy – The energy cost of holding any given speed. Economy is enhanced, to a greater and lesser degree, by just about any form of training (so long as you hold good form). There are many ways to improve economy keeping moving and being consistent are the keys.

Aerobic Threshold Endurance – Critical factor in endurance sports from Marathon, Cross Country Ski – ing.

Start training at an easy pace and slowly increase the intensity of your exercises. You can determine your aerobic threshold by noting the heart rate where you feel the first deepening of your breath. This deepening is caused by your body increasing its demand for oxygen to metabolize an increase in blood lactate.

The point of deepening is the bottom range of your aerobic zone. The top of your aerobic zone can be estimated by simply adding 10 beats per minute to the bottom figure.

Ideally 3 – 4 Sessions Cycles Per Week.

One Long Session 3 – 4 Hours at an Aerobic Pace.

One Easy Session 24 hours later. (Very Easy)

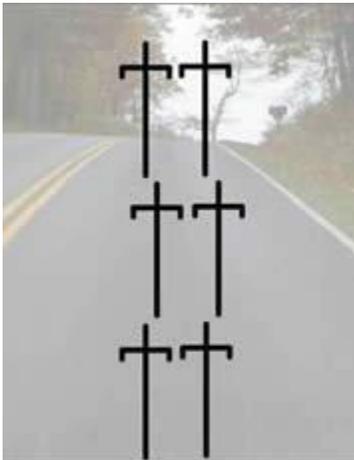
One Hill Repeat Session. (Warm up then 30 – 120 Mins, cycle up and recovery back down)

One Threshold Session. (30 – 60 Mins Best Effort)

Recovery is crucial. (Hydration, Nutrition, Sleep, Swim, Sauna, hydrotherapy, yoga, massage, faschia release, foam roller, active stretching, epsom salt baths)

2. Cycling in a Group

- A) Hands firm on the Bars. (Steady Grip)
- B) Hold a Steady Line. (Focus, you can damage other people or worse)
- C) Control your Speed. (One Hand within access to brake)
- D) Keep eyes and ears open. (Lead Cyclist calls obstacles, left, right, centre, Point in direction of obstruction)
- E) It's not a Race. (Responsibility of Lead Left Rider to dictate the pace – watch your team)
- F) It's not fair. (If you can't hold on to the group or cause stops, get in the support car, tomorrow is another day)
- G) Gaps. (Keep to a minimum)
- H) Punctures. (Call it out loudly and pull in left – group should continue and stop together don't jump all over the road)



3. Stops During the Tour

- A) Don't Hang Around. (You don't want to get cold stiff, get off the bike stand up, walk around, reach overhead, be moving in different motions eat and move on)
- B) Refill Water Bottles
- C) Dispose of Waste
- D) Stop in a Suitable Area
- E) Fix any Equipment Issue's quickly. (if it may be a problem – REPLACE / CHANGE IT)
- F) Ensure Next Leg is Known – support cars job to keep navigation on track.

4. Food In-take

- Managing Intensity Level is the Key to Success.
 - Less than 60% Effort. This is a lot slower than most people will ever admit. Watch your HR or Power Data. Keep it slow. Once you cross this level you are eating into your energy stores and moving towards the wall.
 - At the Wall it's all over your body will down regulate your effort to appropriate level of energy (fat) oxidation level.
-
- Every day you need to replace calories burned by Baseline Metabolic Rate.
 - Normal Daily Requirement + Calories expended during the days.
 - Carbs 60%, Protein 25%, Fat 15%
 - Carb intake Daily intake of 7-10g per kg body mass.
 - 70Kg male would need 700g carbs.
 - Complex Carbs are the energy givers. (Brown Rice, Oats, Quinoa, Sweet Potato, Whole Grain Breads, Brown Pasta's – sugars destroy nutritional value think Cornflakes & White Bread!!)
-
- Avoid Simple Sugars for Breakfast in the mornings. Eat real, wholesome foods. (Eggs, Grapefruit, Wholegrain Bread, Rye Bread, Museli)
 - Eat Breakfast 1.5 - 2 Hours before starting your cycle.
 - Consume Water and liquid Calories Only in the last hour. (200 – 300 Cals Max / milk / protein shakes)
 - Consume Water only during the First Hour.
 - Stop for 5 – 10 minutes after the First Hour. Consume a cup Green Tea or a Black Coffee.
 - Resume and begin to take on calories.
 - Hydrate every 15 minutes.
 - Consume 150 – 300 Calories every 30 minutes. (Dates, Bananas, Apples, Raisins,)
 - Isotonic Sports Drink (High 5 Energy Source 4:1 , Powerbar Isoactive)
 - Eyes on the Tomorrow – keep consistent and drink before thirsty.
 - If you feel sloshy in the tummy, back off a little and let it settle)
-
- Consume a Recovery Shake within 20 minutes of Stopping (Pint to aLitre of Chocolate milk / or commercial recovery product 1g Carbs per KG and 20G protein)
 - Eat a Full Meal approx 1 hour after Stopping (40 mins after recovery Drink)
 - Eat a moderate meal again 2 - 3 Hours later. (Grilled Salmon, Broccoli, Sweet potato)

& Repeat

5. Drink In-take

- Thirst is a delayed response to dehydration. Thirsty athletes are already dehydrated
- Replace fluids as they are lost.
Practice fluid replacement.
Gradually increase fluids.
Body adapts to increase fluid consumption.
Generally, cold fluids more rapidly absorbed.
Old Rule of Thumb: 1L per hour or 250mL per 15min.
Individualized is far better but you need to calculate sweat rate !
- Hyperhydration (Limited but does help a little)
☑1 pint, 15-30 minutes prior to exercise.
- Post-exercise rehydration
☑Ideally completed within 2 hrs.
☑1kg of weight lost is equivalent to ~1L of fluid.
☑Replace CHO and electrolytes at same time to speed rehydration.

6. Anything else we should consider

NEW TYRES / CHAIN / BIKE SERVICE BEFORE SETTING OUT !!!!!!!!!!!

Multiple Change of Clothes

- Socks
- Gloves
- Gillet
- Cycling Trousers
- Wet Weather Gear
- Multiple Pairs of Bike Shoes (if possible)
- Newspaper to Dry the Bike Shoes
- Swim Caps as Helmet Covers if it gets very Wet
- Batteries for HR monitor / Cycling Computers
- Multi tool
- Foot Pump
- Inner tubes

- Zip ties
- Chain lube
- Plastic bags
- First aid kit
- Wet wipes/antiseptic wipes - Spare Quick Release Skewers - Lights / Reflectors