

Week 1

Training Tips for Sport Ireland Yeats Tour of Sligo 2017 by Paddy Doran

60k Lough Gill Circuit

Most people of average fitness levels should be capable of completing the 60 kms distance with a small amount of consistent training for 4-6 weeks.

Type of Bike: Hybrid – commuter bike – Road bike

Training this week: Two to three easy cycles of 30 to 50 minutes on flat to undulating routes. The effort should be moderate, at talking pace, just getting used to pedaling the bike on a gear that has your legs rotating at a comfortable pace.

100km Innisfree Tour

This is for people who are already doing some cycling. 100k is a good challenge and consistent training is required.

Type of Bike: A good road bike is best for this distance although a hybrid could be used. A good selection of gears to cope with various types of terrain is required

Training: A combination of cycling and other activities. Up to 6 hrs cycling per week should be plenty.

Training this week: x 2 -3 days, cycle 2-3 hrs at talking pace. Midweek one bike session or other training.

160k The Ox Mountain Challenge

This requires focused cycling training and a longer period of training prior to the event.

Type of Bike: A good road bike is best for this distance with a good selection of gears to cope with various routes.

Training: up to 10-12 hours training some weeks will help- prepare for these distances.

Training this week: 3 to 4 bike sessions. Increase the distance or time of your usual sessions by 10%.

Tasks this week

Saddle height

Check that your saddle height is correct. Here is a simple method. Notice the bend at Nicolas Roches left knee when his pedal is at the lowest point.

Adjust your own saddle height until it has a similar bend in the knee of the lowest pedal.



Service bike

Have your bike checked and serviced. Good tyres and wheels are essential. Well serviced brakes will help keep you safe.

Safety

Always wear a safety helmet - look where you are going at all times – wear brightly coloured clothes and use a rear bicycle light to make yourself visible. Stay on safe flattish routes. Avoid high speed descents until you have the skills for them.



Local Cycling Club

Contact your local cycling club and check if they have any beginner groups. Join up, they are great for learning cycling skills. www.cyclingireland.ie for clubs

Fitness/ Training:

A mix of other sports activities and cycling is ideal to produce a good level of all round fitness.

Health check: If you haven't exercised for a long time and have any health issues check with your doctor is it ok for you to participate