

Week 2

60k Lough Gill Circuit

So you have had your first few outings on the bike. Stick with it!

Your pedaling is becoming smoother and soon you will be able to cycle further and faster.

Training: Aim to increase the distance of your cycles to between 40 and 60 minutes at a moderate pace on easy routes. Look for safe scenic routes, greenways or cycle paths if possible.

**See tips and tasks further down the page.*

100km Innisfree Tour 100km and 160km The Ox Mountain Challenge Groups

Increase the distance / time of two cycling sessions this week by 10%. Introduce some hills according to your current level of fitness and experience.

In a shorter session (midweek) include 4 to 5 faster sections of 4-5 minutes long at an effort just a little beyond your talking pace.

***Tips and tasks this week**

- Follow the rules of the road
- Steering with one hand (You will sometimes need to control the bike with one hand to signal to other road users when turning, stopping, or to take a drink or snack as you cycle. Learn how to cycle safely and with confidence while controlling the bike with one hand. The best place to practice this is on a quiet safe road or on an indoor bike trainer.)
- Check Tyre Pressure



See the sidewalls of the tyre for the manufacturer's Pressure guidelines (Pound per Square Inch -PSI .

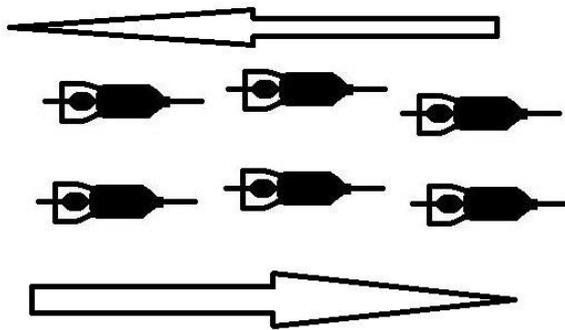
Benefits

- Safer
- Less rolling resistance
- Less punctures
- More shock absorption and traction when cycling on poorly surfaced roads

Cycling in groups

- A group of cyclists who take turns leading usually move faster than an individual cyclist
- To avoid sudden stops or avoidance of obstacles, always look well ahead on the road to anticipate required actions.
- Communicate warnings of obstacles; cars overtaking, slowing down or stopping.
- Cycle at a steady speed to suit the group
- The outside line of cyclist's moves up and the inside line moves back as the front riders change positions every 2 to 5 minutes. Think of the group as a chain constantly rotating

The chain gang



Safety: Keep your front wheel behind and to the side of the rear wheel of the rider in front of you.

Descending hills

- 100k and 160k Groups Practice descending safely. Your primary aim is to get to the bottom of the descent safely! The best way to achieve this is to cycle at a speed within your competency level. Leave bigger spaces between bikes on descents. Both brakes should always be used to control your speed. Approach and negotiate corners at a safe speed.



Note how the two cyclists have a relaxed but firm grip on their bars and hands can easily reach and use both Brakes.

END

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