



## Training Ideas For Royal Far West Ride for Country Kids 2018

The Ride for Country Kids is a peloton supported ride held on public roads. This means riders will be placed into 1 of 4 graded groups and be required to ride safely at an agreed average speed throughout the duration of each day. The expected speeds that you will need to maintain throughout this event will range from:

- 1/ 30 K an hour average
- 2/ 28 K an hour average
- 3/ 26 K an hour average
- 4/ 24 K an hour average

As the ride will be challenging, it's crucial for you to try and work on your stamina and endurance and that starts with dusting off your bike and jumping aboard. There is an expected base level of fitness to participate in this event, which is basically the average speed of the slower of the above pelotons. To be clear, a Peloton is simply the word given to describe a group of riders.

We would suggest that over the next 15 weeks or so leading up to the event that you take the time to design a strategy that works best for you. Its good to try and identify the areas you need to work on and to focus on those areas as much as you can leading up to the event. If you're already fit and ride a bike but you haven't ridden in a peloton then group riding is where you want to focus your attention. If you're new to riding then your first port of call is to simply ride your bike; set yourself small goals over the next few weeks with the idea to extend your distances and riding intensity on a weekly basis so by the time the event comes around you ride the distances listed below. Cycling on public roads is a dangerous past time however those dangers are greatly reduced the more prepared you are for the journey ahead and the more confident you are on your bike.

On average most of you should already be riding around 150 K a week and building on that as you get closer to the event. As you build your weekly distances you should be looking to mix up the style and purpose of each of your rides and to give your body time to repair and recover. Your long rides can be at a reduced effort and be at what we call a chat pace whereas your shorter rides should be at a higher level of intensity and have you on occasions gasping for breath.

As a guide please see a standard training week for an event of this nature.

**Monday:** Rest Day

**Tuesday:** 40-50 K

Flat to Undulating; Aerobic Zone; Slight Heavy Breathing but sustainable for the entire ride.

**Wednesday:** 40-50 K

Hill Day; Work on seated climbing maintaining smooth pedal strokes at a steady heart rate

**Thursday:** 40-50 K

Flat to Undulating; Aerobic Zone; Slight Heavy Breathing but sustainable for the entire ride.

**Friday:** 40 K

Nice easy ride or commute to work or a ride around home.

**Saturday/Sunday:**

One day should be approx 100 K at a steady aerobic zone

One day should be approx 50 to 70 K at a steady aerobic zone.

On the longer day try take on some longer climbs than those you would normally ride throughout the week as these will help your strength and endurance.

Life will get in the way and plans will need to be adjusted; don't stress. Just make a commitment to get on your bike, build your distances so you can ride the distances throughout the event at the agreed pace of the peloton you will be riding in.

If you have any questions at all please don't hesitate to contact me. I will be managing the logistics for the ride and the support team that will help you throughout each day. We are all here to help you but step one is for you to RIDE.

Safe miles.

Kent Williams

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**SPECIALISTS IN CYCLE  
EVENT MANAGEMENT**