

## **Bridge 2 Bridge Training and Preparation Plan**

### ***Introduction:***

The Bridge 2 Bridge ride is one of the most exciting and rewarding experiences you will ever undertake. Whether you are completing the ride for fitness, in memory of a loved one or just for fun, you need to make sure you are prepared for the ride.

Cycling +1,000km in a week can be tough on your body (both physically and mentally) and the risks of injury if you are not properly prepared are real. The following is a guide on preparing and training for the Bridge 2 Bridge ride and will help you complete the adventure with a smile on your face.

### ***Equipment:***

- **Bicycle** – you can undertake the Bridge 2 Bridge on any kind of bike you like. BUT, it is important to keep your bicycle in good working condition. If you are not confident in doing this yourself, be sure to drop by your nearest bicycle shop for advice. You should look to service your bike every 6-12mths (depending on how often you ride and in what weather) to keep the gears, brakes, steering, drivetrain and wheels working safely.

Be sure to have the bike serviced or checked 2 weeks before the ride date. This gives you enough time to repair any problems and test ride the bike before the start time.

- **Clothing** – Be sure to invest in good quality padded cycling shorts. After 1000km of riding you will be fully aware of the difference a good quality pair of shorts will be. You should also be prepared for any kind of weather during the ride. It is important to pack warm riding gear (arm warmers, knee warmers, winter riding jacket & gloves) and wet weather gear (rain jacket, shoe covers). To protect you from the sun a cycling cap/headband and sunglasses are recommended. You may also want to pack spare gloves and warm gear just in case you can't dry them overnight.
- **Spares** – You should bring a minimal amount of spare parts for your bike. It is almost guaranteed that you will get a puncture at some point on the ride. You should make sure that you are confident enough to change the tube yourself. Helpful spare parts to bring are tubes, a pump, spare waterbottle, spare tyre (optional), spare brake pads, front & rear lights (and batteries) and chain lubricant.

**Example Training Plan:**

Weeks to Go	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Summary & Description
16			15 Easy pace, flat		15 Easy pace, flat	<i>Rest Day</i>	30 Medium pace, flat	60 km Easy, flat rides
15	15 Easy pace, flat		20 Easy pace, flat		20 Easy pace, flat	<i>Rest Day</i>	30 Medium pace, flat	85 km Start to increase pace
14	30 Easy pace, flat		20 Easy pace, flat	10 Medium pace, flat	20 Easy pace, flat	<i>Rest Day</i>	30 Medium pace, flat	110 km Start to increase pace
13	35 Easy pace, hilly ride		20 Easy pace, flat	15 Medium pace, flat	20 Easy pace, flat	<i>Rest Day</i>	35 Medium pace, flat	125 km Begin to incorporate hills
12	40 Easy pace, hilly ride		20 Easy pace, flat	20 Medium pace, flat	25 Easy pace, flat	<i>Rest Day</i>	35 Medium pace, flat	140 km Medium pace with some hills
11	45 Easy pace, hilly ride		25 Easy pace, flat	20 Medium pace, flat	25 Easy pace, flat	<i>Rest Day</i>	40 Medium pace, flat	155 km Medium pace with some hills
10	50 Easy pace, hilly ride	25 Easy pace, flat	25 Easy pace, flat	20 Medium pace, flat	25 Easy pace, flat	<i>Rest Day</i>	40 Medium pace, flat	185 km Medium pace with some hills
9	60 Easy pace, hilly ride		25 Easy pace, flat	20 Medium pace, flat	25 Easy pace, flat	<i>Rest Day</i>	50 Medium pace, flat	180 km Medium pace with hills
8	70 Easy pace, hilly ride	25 Easy pace, flat	25 Easy pace, flat	25 Medium pace, flat	25 Easy pace, flat	<i>Rest Day</i>	60 Easy pace, flat	230 km Medium pace with hills
7	60 Climbing repeats		25 Easy pace, hilly ride	25 Medium pace, flat	25 Easy pace, hilly ride	<i>Rest Day</i>	60 Climbing repeats	195 km Dedicated hill training week
6	100 Easy pace, flat	20 Medium pace, flat	25 Easy pace, hilly ride	30 Medium pace, flat	25 Easy pace, hilly ride	<i>Rest Day</i>	70 Easy pace, flat	270 km Medium pace with hills
5	60 Climbing repeats	25 Easy pace, flat	25 Easy pace, hilly ride	25 Medium pace, flat	25 Easy pace, hilly ride	<i>Rest Day</i>	60 Climbing repeats	220 km Dedicated hill training week
4	100 Easy pace, flat	25 Medium pace, flat	25 Easy pace, hilly ride	40 Medium pace, flat	25 Easy pace, hilly ride	<i>Rest Day</i>	85 Easy pace, flat	300 km Medium pace with hills
3	60 Climbing repeats	25 Easy pace, flat	25 Easy pace, hilly ride	25 Medium pace, flat	25 Easy pace, hilly ride	<i>Rest Day</i>	60 Climbing repeats	220 km Dedicated hill training week
2	100 Easy pace, flat	20 Medium pace, flat	25 Easy pace, hilly ride	30 Medium pace, flat	25 Easy pace, hilly ride	<i>Rest Day</i>	80 Easy pace, flat	280 km Medium pace with hills
1	60 Climbing repeats	20 Easy pace, flat	25 Easy pace, hilly ride	20 Medium pace, flat	25 Easy pace, hilly ride	<i>Rest Day</i>	60 Climbing repeats	210 km Dedicated hill training week
0	20 Easy pace, flat	15 Easy pace, hilly ride	15 Easy pace, flat	<i>Rest Day</i>	<i>Rest Day</i>	<i>Rest Day</i>	<b>RIDE DAY!</b>	50 km Easing up, resting the legs from Thursday

**Training Notes:**

- As you can see from the example training plan, **the key to being prepared for the Bridge 2 Bridge is regular riding**. The sooner your body gets used to riding day after day (no matter the individual distance), the better.
- Don't stress if you miss a day's training due to wet weather or other commitments. As long as you keep on track with the remaining days, the odd missed day will not matter. If wet weather is persisting, look into buy a stationary bike trainer or attending classes at the local gym or bike shop.
- It is easier to fit in the training plan if you are able to commute to work – check out what facilities are available at your office to help you (e.g. showers, lockers, bike cage etc). There are public facilities available in Brisbane such as the King George Square Cycle Centre. Map out your commute and come up with various options (short, medium & long way home) so that you alter your commute to fit the training plan.
- On the weekends you will probably have greater freedom to ride to different places. Don't ride along your commute on weekends or you will soon grow bored of it. In Brisbane, mix up your training with:
  - The Riverloop – 30-50kms, mostly flat with a few hills
  - Wellington Point, Cleveland Point or Victoria Point – 30-50kms, mostly flat
  - Nudgee Beach and Kedron Brook bikeway – 20-60kms, mostly flat
  - Brisbane to Gold Coast (via V1 Veloway) – 70-100kms, flat with some hills
  - Mount Cotton loop – 50kms, hilly
  - Upper Brookfield hills – 30-50kms, hilly
  - Mount Gravatt – good for climbing repeats
  - Mt Coot-tha loop – good for climbing repeats (Clockwise is easier than anti-clockwise)
  - Mt Nebo or Mt Mee – nice steady climb that can be included in a longer ride
- Other ways to incorporate variety into the training calendar is to participate in some of the charity rides available:
  - ❖ Tour de Tamborine (100km) held in December

- ❖ Cycle of Giving (100km) held in late February
- ❖ BDO Mt Coot-tha Challenge (100km) held in March
- ❖ Ipswich 100 (50/100/160km) held in early April
- ❖ Research online and see if any others are held in your local area. Invite others along and make it a social occasion.
- **Hydration and Nutrition** is very, very important. If you have no fuel in your body, you will not last the distance.
  - Try to drink a full water bottle every hour on warm days. Don't guzzle it down, take regular sips every 5-10mins.
  - You can incorporate re-hydration mix into your water if you suffer from cramps. Common brands include High5, Staminade, SIS and BSC. Try to look for powder mixes with low sugar content, as these will be better for the health of your teeth in the long term.
  - Be sure to eat regularly. You can use energy gels if you like (try a few brands to see which you like the most) but real food is always better. Munch on a muesli bar or banana every hour and stop for a sandwich every few hours. This will help you avoid sugar lows and eating small portions helps you avoid feeling regular eating stops you feeling bloated. Bananas, fruit bars, jam sandwiches, honey rolls, rice cakes and banana bread are easy options to take with you on a ride.
- **Recovery and stretching** is an equally important part of your ride. DO NOT come home from a ride and collapse on the couch (as tempting as that is).
  - In the final few kilometres to your house/work, slow down and reduce your pace. Warming down like this will help spin the lactic acid out of your legs and reduce the 'heavy' feeling in them tomorrow. Keep drinking water for the next few hours.
  - Once home, jump in the shower and cool down. This is very important after riding in high temperatures and you don't want to overheat.
  - Afterwards, spend some time stretching your legs. Stretching will help with your flexibility and comfort on the bike, as well as ward off any injuries.
    - Stretch your hamstrings, calf muscles, lower back, core muscles, quads, ITB band and shoulders. Spending 20-30mins stretching these will help relax your muscles and bring your heart rate back to normal.
    - Think about investing in a foam roller. These are \$20-30 from fitness stores and help greatly when targeting leg muscles.

### ***Other Helpful Tips***

- If you find you're experiencing chaffing or discomfort from you bike saddle – try using some chamois cream. Applying the cream to the padding on your shorts helps reduce friction and chaffing on longer rides. Common brands are Chamois Buttr, Assos, Aussie Butt Cream and Morgan Blue. Your local bike shop will have some.
- Get into a regular habit of checking your tyres for glass and embedded stones at the end of each ride or two. The quicker you find a piece and remove it, the less chance of you getting a puncture. It is also a good chance for you to inspect the wheels and gears to make sure there are no problems.
- Hydrating before a big ride is as important as during the ride. Ensure you are drinking plenty of water the night before a ride especially in the middle of summer.