

**YOUR  
CYCLING**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

**TRAINING  
GUIDE**

Everything you need to know to feel prepared for your big challenge

# THANKS SO MUCH

Thank you for joining Team Macmillan. We think you're amazing for having the dedication and commitment to take part in this event.

At the finish, the sense of achievement will be huge, knowing that you've not only completed your challenge but you've helped people affected by cancer too. Taking part in a Macmillan cycling challenge is no mean feat, so you'll need to dedicate some time to training. But don't worry – we're here to guide you in the right direction.

## Getting started

Before starting out it's a good idea to see your doctor for a medical or health assessment, particularly if you smoke, you're overweight or there's a history of heart disease in your family.

### Slow and steady wins the training race

All Macmillan cycling challenges are designed for people who lead an active lifestyle, and they're achievable as long as you're prepared to train. Build up mileage gradually to avoid injury and over-exercise, also to create a good base fitness on which to build the stamina levels you'll need.

## Team Macmillan training schedules

With the help of the team at CycleSurgery, we've put together some training plans that will help you get the most out of your challenge.

From the start, you should focus on developing your cadence, which is the speed at which your legs rotate known as rotations per minute (rpm). Doing this will improve your aerobic capacity, meaning your heart and lungs will grow stronger and be less stressed when cycling or exercising.

To build up your cadence, you should select the gear that feels most comfortable for the particular gradient you're on. If you can keep a steady rpm of about 60–70, this will help you become cycling fit quicker. It will also increase your strength and stamina. And before you know it, you'll be able to push harder gears while maintaining the same rpm.

As you move on with your training it's important to fit in some hills and spend a couple of weekends doing two consecutive days' cycling. This will prepare your body and your bum for what's ahead.



**Week 1****Monday** Rest

**Tuesday** Take a fitness test to see how you're progressing – don't worry about comparing with anyone else. Find a small circuit (about 8km) with only a few road junctions, or use a static bike in the gym. After a short warm up (2–5km), ride the circuit at a moderate pace, record your time and do a 2km warm down. If you have a heart rate monitor, take a note of the average rate.

**Wednesday** Rest

**Thursday** 10km. Warm up for 10 minutes. Choose a route that includes two large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest**Saturday** Rest

**Sunday** 15km. Take it at a leisurely pace. Practise drinking and getting food out of your pockets on the bike.

**Week 2****Monday** Rest

**Tuesday** Feel free to do the Tuesday and Thursday as part or all of your commute to work. Eat and drink plenty to fuel you on the way home.

**Wednesday** Rest

**Thursday** 13km. Warm up for 10 minutes. Choose a route that includes two large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest**Saturday** Rest

**Sunday** 20km. Take it at a leisurely pace. Practise drinking and getting food out of your pockets on the bike.

**Week 3****Monday** Rest

**Tuesday** 18km. Work on changing gear regularly to keep your pedalling speed nice and fast.

**Wednesday** Rest

**Thursday** 15km. Warm up for 10 minutes. Choose a route that includes two large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest**Saturday** Rest

**Sunday** 224km. Take it at a leisurely pace. Practise drinking and getting food out of your pockets on the bike.

**Top tip**

Feel free to do the Tuesday and Thursday as part or all of your commute to work. Eat and drink plenty to fuel you on the way home.

**Week 4****Monday** Rest

**Tuesday** Take a fitness test to see how you're progressing – don't worry about comparing with anyone else. Use the same circuit as in week 1 (about 8km). After a short warm up (2–5km), ride the circuit at the same effort as before. If you recorded your heart rate before try to keep close to this. Record your time and do a 2km warm down. If you have a heart rate monitor with you, take a note of the average rate.

**Wednesday** Rest

**Thursday** 18km. Warm up for 10 minutes. Choose a route that includes two large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest

**Saturday** 15km. Choose a route on a flat road. Warm up for 15 minutes first and ride at a pace you find comfortable. Warm down for 15 minutes at the end.

**Sunday** 27km. Take it at a leisurely pace. Practise drinking and getting food out of your pockets on the bike.

**Week 5****Monday** Rest

**Tuesday** Feel free to do the Tuesday and Thursday as part or all of your commute to work. Eat and drink plenty to fuel you on the way home.

**Wednesday** Rest

**Thursday** 21km. Warm up for 10 minutes. Choose a route that includes two large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest**Saturday** Rest

**Sunday** 30km. Take the distance at a leisurely pace and practice drinking on the bike and getting food out of your pockets.

**Week 6****Monday** Rest

**Tuesday** 24km. Work on changing gear regularly to keep your pedalling speed nice and fast.

**Wednesday** Get your bike checked over thoroughly by CycleSurgery.

**Thursday** 10km. Make it an easy ride.

**Friday** Rest**Saturday** Rest**Sunday** Event day

**Week 1****Monday** Rest

**Tuesday** Take a fitness test to see how you're progressing – don't worry about comparing with anyone else. Find a small circuit (about 15km) with a low number of road junctions, or use a static bike in the gym. After a short warm up (2–5km), ride this circuit at a moderate pace, record your time and do a 2km warm down. If you have a heart rate monitor, take a note of the average rate.

**Wednesday** Rest**Thursday** 20km. Take a hilly route.**Friday** Rest

**Saturday** Optional 15km. Keep it nice and easy as your big bike ride is tomorrow.

**Sunday** 30km. Take it at a leisurely pace. Practise drinking and getting food out of your pockets on the bike.

**Week 2****Monday** Rest

**Tuesday** 20km. Work on changing gear regularly to keep your pedalling speed nice and fast.

**Wednesday** Rest**Thursday** 25km. Take a hilly route.**Friday** Rest

**Saturday** Optional 20km. Keep it nice and easy as your big bike ride is tomorrow.

**Sunday** 40km. Take it at a leisurely pace. Practise drinking and getting food out of your pockets on the bike.

**Week 3****Monday** Rest

**Tuesday** 25km. Work on changing gear regularly to keep your pedalling speed nice and fast.

**Wednesday** Rest**Thursday** 30km. Take a hilly route.**Friday** Rest

**Saturday** Optional 25km. Keep it nice and easy as your big bike ride is tomorrow.

**Sunday** 50km. Take it at a comfortable pace. Practise drinking and getting food out of your pockets on the bike.

**Week 4****Monday** Rest

**Tuesday** Take a fitness test to see how you're progressing – don't worry about comparing with anyone else. Use the same circuit as week 1 (about 15km). After a short warm up (2–5km), ride the circuit at the same effort as before. If you recorded your heart rate before, try to keep keep close to this. Record your time and do a 2km warm down. If you have a heart rate monitor with you, take a note of the average rate.

**Wednesday** Rest

**Thursday** 10km. Have an easy ride – this is your rest week after all.

**Friday** Rest**Saturday** Rest

**Sunday** 40km. Take it at a comfortable pace. Practise drinking and getting food out of your pockets on the bike.

**Week 5****Monday** Rest

**Tuesday** 25km. Working on changing gear regularly to keep your pedalling speed nice and fast.

**Wednesday** Rest**Thursday** 30km. Take a hilly route.**Friday** Rest

**Saturday** Optional 25km. Keep it nice and easy as your big bike ride is tomorrow.

**Sunday** 50km. Take it at a comfortable pace. Practise drinking and getting food out of your pockets on the bike.

**Week 6****Monday** Rest

**Tuesday** 30km. Work on changing gear regularly to keep your pedalling speed nice and fast.

**Wednesday** Rest**Thursday** 35km. Take a hilly route.**Friday** Rest

**Saturday** Optional 30km. Keep it nice and easy as your big bike ride is tomorrow.

**Sunday** 60km. Take it at a comfortable pace. Practise drinking and getting food out of your pockets on the bike.

**Week 7****Monday** Rest

**Tuesday** 35km. Work on changing gear regularly to keep your pedalling speed nice and fast.

**Wednesday** Rest

**Thursday** 10km. Warm up for 10 minutes. Choose a route that includes two large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a a 10 minute warm down.

**Friday** Rest**Saturday** Rest

**Sunday** 15km. Take it at a leisurely pace. Practise drinking and getting food out of your pockets on the bike.

**Week 8****Monday** Rest

**Tuesday** Take a fitness test to see how you're progressing – don't worry about comparing with anyone else. Find a small circuit (about 8km) with only a few road junctions, or use a static bike in the gym. After a short warm up (2–5km), ride the circuit at a moderate pace, record your time and do a 2km warm down. If you have a heart rate monitor, take a note of the average rate.

**Wednesday** Rest

**Thursday** 10km. Have an easy ride – this is your rest week after all.

**Friday** Rest**Saturday** Rest**Sunday** Event day

**Week 1**

**Monday** Take an initial fitness test. Find a circuit (about 8km and preferably traffic free), warm up for 15 minutes and ride it as quickly as possible. Record your time to track progress. Warm down for 10 minutes.

**Tuesday** Rest. Stretch for 30 minutes..

**Wednesday** 10km. Warm up for 10 minutes. Ride at a steady pace. Warm down for 10 minutes.

**Thursday** 20km. Take a hilly route.

**Friday** Rest

**Saturday** Rest. Stretch for 30 minutes.

**Sunday** 25km. Take it at a leisurely pace.

**Week 2**

**Monday** Rest. Stretch for 30 minutes.

**Tuesday** 20km. Work on changing gear regularly to keep your pedalling speed nice and fast.

**Wednesday** Rest

**Thursday** 10km. Warm up for 10 minutes. Choose a route that includes two large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest. Stretch for 30 minutes.

**Saturday** 5km on a flat road. Warm up for 15 minutes. Ride at a pace you find comfortable. Warm down for 15 minutes.

**Sunday** 30km. Practise drinking and getting food out of your pockets on the bike.

**Week 3**

**Monday** Rest. Stretch for 30 minutes.

**Tuesday** 10km. Warm up for 10 minutes. Ride at a steady pace. Warm down for 10 minutes.

**Wednesday** Rest

**Thursday** 15km. Warm up for 10 minutes. Choose a route that includes three large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest. Stretch for 30 minutes.

**Saturday** 10km on a flat road. Warm up for 15 minutes. Ride at a pace you find comfortable. Warm down for 15 minutes.

**Sunday** 35km. Take it at a comfortable pace. Practise drinking and getting food out of your pockets on the bike.

**Week 4**

**Monday** Rest. Stretch for 30 minutes.

**Tuesday** 15km. Warm up for 10 minutes. Ride at a steady pace. Warm down for 10 minutes.

**Wednesday** Rest

**Thursday** 20km. Warm up for 10 minutes. Choose a route that includes four large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest. Stretch for 30 minutes.

**Saturday** 10km on a flat road. Warm up for 15 minutes. Ride at a pace you find comfortable. Warm down for 15 minutes.

**Sunday** 40km. Take it at a comfortable pace. Practise drinking and getting food out of your pockets on the bike.

**Week 5**

**Monday** Rest. Stretch for 30 minutes.

**Tuesday** 25km. Working on changing gear regularly to keep your pedalling speed nice and fast.

**Wednesday** Fitness test. Ride the same 8km circuit as in the first fitness test. Warm up for 15 minutes and ride it as quickly as possible. Record your time to track progress. Warm down for 10 minutes.

**Thursday** Rest. Stretch for 30 minutes.

**Friday** 15km. Warm up for 10 minutes. Choose a route that includes three large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Saturday** Rest

**Sunday** 35km. Take it at a comfortable pace. Practise drinking and getting food out of your pockets on the bike.

**Week 6**

**Monday** Rest. Stretch for 30 minutes.

**Tuesday** 20km. Warm up for 10 minutes. Ride at a steady pace. Warm down for 10 minutes.

**Wednesday** Rest

**Thursday** 20km. Warm up for 10 minutes. Choose a route that includes four large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest. Stretch for 30 minutes.

**Saturday** 10km on a flat road. Warm up for 15 minutes. Ride at a pace you find comfortable. Warm down for 15 minutes.

**Sunday** 40km. Choose an undulating route.

**Week 7**

**Monday** Rest. Stretch for 30 minutes.

**Tuesday** 20km. Warm up for 10 minutes. Ride at a steady pace. Warm down for 10 minutes.

**Wednesday** Rest

**Thursday** 25km. Warm up for 10 minutes. Choose a route that includes five large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest. Stretch for 30 minutes.

**Saturday** 10km on a flat road. Warm up for 15 minutes. Ride at a pace you find comfortable. Warm down for 15 minutes.

**Sunday** 50km. Choose an undulating route

**Week 8**

**Monday** Rest. Stretch for 30 minutes.

**Tuesday** 20km. Warm up for 10 minutes. Ride at a steady pace. Warm down for 10 minutes.

**Wednesday** Rest

**Thursday** 30km. Warm up for 10 minutes. Choose a route that includes six large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest. Stretch for 30 minutes.

**Saturday** 10km on a flat road. Warm up for 15 minutes. Ride at a pace you find comfortable. Warm down for 15 minutes.

**Week 9**

**Monday** Rest. Stretch for 30 minutes.

**Tuesday** Rest. Stretch for 30 minutes..

**Wednesday** Fitness test. Ride the same 8km circuit as in the other fitness tests. Warm up for 15 minutes and ride it as quickly as possible. Record your time to track progress. Warm down for 10 minutes.

**Thursday** Stretch and do core-stability exercises for 30 minutes.

**Friday** 20km. Warm up for 10 minutes. Choose a route that includes four large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Saturday** Rest

**Sunday** 60km. Choose an undulating route.

**Week 10**

**Monday** Rest. Stretch for 30 minutes.

**Tuesday** 20km. Warm up for 10 minutes. Ride at a steady pace. Warm down for 10 minutes.

**Wednesday** Rest

**Thursday** 30km. Warm up for 10 minutes. Choose a route that includes six large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest. Stretch for 30 minutes.

**Saturday** 40km. Choose an undulating route.

**Sunday** 75km on a flat route.

**Week 11**

**Monday** Rest. Stretch for 30 minutes.

**Tuesday** 25km. Warm up for 10 minutes. Ride on a flat road at a steady pace. Warm down for 10 minutes.

**Wednesday** Rest

**Thursday** 30km. Warm up for 10 minutes. Choose a route that includes six large climbs (of four minutes each, or longer if possible). Try to ride the hill sitting in the saddle. Finish with a 10 minute warm down.

**Friday** Rest. Stretch for 30 minutes.

**Saturday** 60km. Choose an undulating route.

**Sunday** 90km on a flat route.

**Week 12**

**Monday** Rest. Stretch for 30 minutes.

**Tuesday** 30km. Warm up for 10 minutes. Ride on a flat road at a steady pace. Warm down for 10 minutes.

**Wednesday** Rest

**Thursday** Rest. Stretch for 30 minutes.

**Friday** 40km. Choose a flat route. It's the first of three days' consecutive cycling so be sure to eat lots of carbohydrates after the ride.

**Saturday** 60km on a flat route. Again, be sure to eat lots of carbohydrates after the ride.

**Sunday** 90km. Eat and drink frequently during this long ride.

**Week 13**

**Monday** Use this week to recover from the previous weeks' exertions and prepare yourself for your event. Start with a rest day. Stretch for 30 minutes.

**Tuesday** 10km on a flat route. Take it very slowly and stretch for 15 minutes before and after.

**Wednesday** Rest

**Thursday** Fitness test. Ride the same 8km circuit as in the other fitness tests. Warm up for 15 minutes and ride it as quickly as possible. Record your time to track progress. Warm down for 10 minutes.

**Friday** Rest. Stretch for 30 minutes.

**Saturday** 30km. Choose an undulating route.

**Sunday** 50km on a flat route. Over the next two days, take time to get your bike serviced and ready for the start of your trip.





# FITTING TRAINING INTO A BUSY LIFE

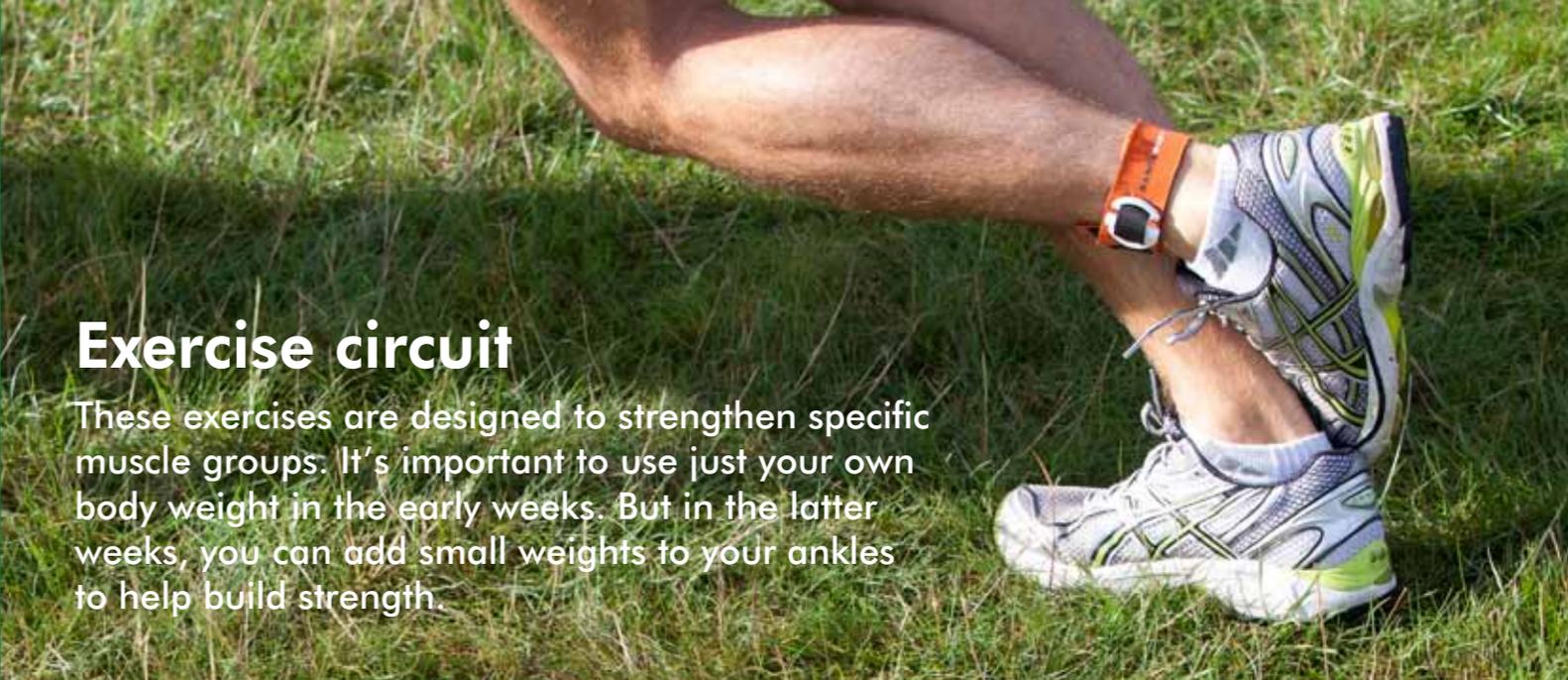
With all your other commitments, and your fundraising, you may feel like you've no time left to train. But if you make a few changes to your lifestyle, you may well find some extra training time. For example, you could:

- get up a little earlier and cycle before work
- make a cycle ride part of your commute or get on your bike in your lunch break.

And as well as cycling, you could work on your overall fitness by:

- walking instead of driving to the shops
- taking the stairs rather than the lift.

You can always ask for help with your training schedule at your local gym.



## Exercise circuit

These exercises are designed to strengthen specific muscle groups. It's important to use just your own body weight in the early weeks. But in the latter weeks, you can add small weights to your ankles to help build strength.

The idea of the circuit is to complete each exercise then move on to the next. Once you've finished all the exercises (ie one circuit), you then go round the circuit three to five times, as shown in the programme. You can also increase the number of repetitions for each exercise to 20, 30, 40 or 50, depending on how strong you feel. Don't forget to stretch before and after the session to keep the muscles loose and long.

### Calf raises

Stand with your feet together, at arm's length away from the wall. Have your fingers just touching the wall for balance. Raise yourself slowly on to the tips of your toes and slowly lower. Repeat 20 times.

### Squats

Stand with your feet shoulder width apart, hands on hips. Keep your back straight and head up while you slowly lower yourself so that your knees are bent 90 degrees. Then stand up so that your knees are locked straight. Repeat 20 times.

### Step ups

Using the bottom step of a staircase or a low bench, start with your left foot on the step and your right foot on the floor. Stand up straight on your left leg, bringing your right foot up to the step above and then lower back down to the floor. Repeat 20 times. Change leg and repeat.

### Leg extensions

Sit on a high sofa, bed or bench with the backs of your knees just on the edge and your feet hanging down. Lean back, with your hands behind you for support. Keeping the back of your knee on the seat, slowly lift your left foot up so that your leg becomes straight, and lower again. Repeat 20 times. Change leg and repeat.

### Leg raises

Lie on your stomach on a mat or soft floor with your hands under your chin. Keeping your left leg straight, slowly raise it six inches off the floor and then slowly lower. Repeat 20 times. Change leg and repeat.



## CycleSurgery's training tips

We've put together some handy training tips which will hold you in good stead for the work ahead.

### Gym vs the open road

One hour of quality workout in the gym is worth two hours out on the road, but it won't prepare you for pushing a bike in the open air. So get out on your bike, as well as into the gym.

### Mix it up

If you're finding your cycling regime a little dull, give yourself some time off the bike. Try swimming, rowing, joining a spinning class or getting on the cross-country skiing machines.

### Food glorious food

Eat a good meal the night before a cycle – one that's packed with carbohydrates. And eat right before too. Make sure you keep hydrated on your ride – drinking little and often is best.

### Position yourself

Your ride position is as important as your training, so make sure you're comfortable in the saddle.

### Keep your bike right

Keep your bike well maintained at all times. CycleSurgery offers a great bike service and their qualified mechanics are trained to the highest national level for cycle maintenance. Find out more at [cyclesurgery.com](http://cyclesurgery.com)

### Be smart

If you have a smart phone, there are different apps you can download to monitor your training. One of our favourites is Endomondo. It's available for Android, iOS and a host of other operating systems. Download it by scanning the code below or head to [endomondo.com](http://endomondo.com)



# INJURY PREVENTION TIPS



### Warm up and stretch

It's important to warm up before exercise and warm down afterwards in the correct way. This will help you avoid injuries and prepare your body for the exercise to follow. And don't forget – only stretch after your muscles have warmed up.

### Have enough rest

Rest is as important as training. It's vital that you allow your body adequate time to recover, particularly from hard sessions, so make sure you have enough rest days.

### Treat yourself to a sports massage

A sports massage can help speed up recovery from long rides and is an essential component of injury management – as well as making you feel great. Most physiotherapists provide sports massage. Or find the details of qualified sports masseurs or sports therapists in your area in gyms, leisure centres or local sports stores.

### Strengthen up

Doing regular core and lower-limb strengthening may help lessen the risk of injury and should be incorporated into your training programme early on. Ask physiotherapists, sports masseurs and gym instructors to show you exercises that will suit you.

### Never train with an injury

Most aches and pains can be treated with ice and rest. But if your pain doesn't subside or gets worse, seek the advice of a doctor, qualified physio or sports therapist before you start training again.

# Food and diet

What you eat when you start to train will impact on your cycling and energy levels. At first, while you're training at a low weekly mileage, concentrate on eating in a regular pattern and trying to cut your daily intake of saturated fats. Try to eat fewer fried foods and dairy products as these will counter any training you start doing.

Here's what you should be eating:

## Carbohydrates

As your mileage increases, make sure that at least one meal a day is high in carbohydrates – this will give you energy. Carbohydrates are mainly found in potatoes, bread, pasta and rice. Combine this with a good mixture of vitamins and minerals from fruit and vegetables. Bananas are the preferred energy provider for cyclists.

## Meat and fish

Meat and fish provide essential microproteins which help muscle development. If you want to be really healthy it's best to eat fish, and white meats such as chicken.

If you eat red meat you should cut as much fat off as possible and cook it in a healthy way such as grilling.

## Energy bars

There are a number of different energy bars on the market, all providing elements which help you maintain your energy should it start to flag on a ride.

## Fluids

You'll need to drink more fluid on a daily basis as you'll be losing more through sweating and exercising. You can also increase your energy levels by drinking isotonic drinks, such as Lucozade. If you plan to drink them throughout your challenge event, get used to them while training.

## Last bite

If you eat healthily and make sure you have plenty of carbohydrates before and after long rides, you'll be fine.



## And there's more ...

If you want more hints, tips and training plans, head over to these websites:

### [realbuzz.com/cycling](http://realbuzz.com/cycling)

Tips on how to get a good ride position, cope with life on the roads and improve your fitness and technique

### [road-bike.co.uk](http://road-bike.co.uk)

An excellent site aimed at beginners who want to cycle like pros – includes tips on all aspects of how to get into the sport

# SCRIBBLES

## Enjoy yourself

You've signed up to take part in an incredible event so make the most of the experience. Enjoy cycling in the great outdoors, and know that you're helping to change lives as you do it. And, if you start losing motivation or finding training tough, just take a deep breath and remember this: we couldn't do what we do without you.

## Any questions?

If you have any more questions about training for your marathon, whiz over to [macmillan.org.uk/cycling](https://www.macmillan.org.uk/cycling) or email us at [cycling@macmillan.org.uk](mailto:cycling@macmillan.org.uk)

If you'd like to know more about cancer or you'd like to speak to someone about your own experience, get in touch. We're here for you every step of the way. Just call the Macmillan Support Line free on **0808 808 00 00** (Monday–Friday, 9am–8pm). Or visit us at [macmillan.org.uk](https://www.macmillan.org.uk)