

London2Bournemouth Cycle

Training & Preparation

The London2Bournemouth Cycle is not intended for beginners. All entrants should have a good level of cycling fitness. You'll be cycling about 118 miles (190 kilometres). The cycle starts at 8am; we expect that all cyclists will have completed the course by 8pm; this is an average of 9.8mph (15.8kph), this includes stops for feed station. This in itself isn't fast, but it's a long time in the saddle. We will have back-markers and a rescue vehicle for bikes and riders...so no one will get left behind!

We recommend you prepare your body for the challenge.

- Try to cycle as much as possible before the event and get used to longer cycle rides of 50, 60, 70miles plus
- Become familiar with your bicycle, make sure the saddle is comfortable and set at the right height.
- Better to wear cycle shorts and use Vaseline to prevent rubbing and chaffing.
- Make sure your helmet fits comfortably.
- Stretching - Warm up before and remember to stretch down after the event.
- Hydration - Drink regularly. We recommend at least 1-2 litres of water between each feed station.. Mix energy drinks with water. Consume lots of high carbohydrate food, bananas, energy bars, fruit, chocolate, etc.
- Blisters - If you feel a potential blister forming, stop and deal with it there and then. Puncture the blister with a pinprick, drain and dress it. Zinc Oxide Tape, if properly applied will prevent most blisters forming in the first place.
- Temperature - Maintain a constant body temperature and prevent your body from overheating by continuously adjusting your clothing. Zip tops make this easier. Apply sun cream.

Hydration Advice

It takes only 1% dehydration to begin to impair body function and exercise performance. When you're dehydrated your ability to exercise is dramatically reduced, it is harder to concentrate and power output drops. Make sure that you compete at your best by ensuring you are hydrated and that you stay that way.

The delivery of fluid to the body is essential before, during and after exercise. Research done at the University of Texas shows that drinking water during exercise results in a 6% performance improvement vs drinking nothing at all. The same research also shows that drinking the optimal carbohydrate, water and electrolyte mix shows an even greater improvement of 12%.

Remember fluids throughout the day. It's important to come to workouts and the event itself properly hydrated. To do this, you can start out the day by grabbing a sports drink, then using water coolers and other beverages as triggers for drinking throughout the day.

Hydrate 2 to 3 hours before training or event. Aim for at least 500ml of fluid at this time and an additional 250ml 10 to 20 minutes prior to getting on the course.

Drink to replace sweat; don't over-drink. Endurance athletes, especially inexperienced participants who tend to cycle slowly and stop for more fluid breaks, risk over-hydrating, which can lead to a dangerous, if rare, condition called "hyponatremia". Hyponatremia occurs when an athlete takes in too much fluid which dilutes the sodium level in blood to dangerously low levels.

Get a more personalised calculation of just how much fluid you will need to replace before, during and after training by use the fluid loss calculator tool in the Hydration section of www.gatorade.co.uk

Nutrition Advice

Research shows that of all the various things you can address when preparing for an event like an endurance cycle, the food and drink you put into your body during training and competition has the single biggest influence on performance. A high carbohydrate diet can lead to a 15% + performance improvement, whilst hydrating your body with a sports drink

can result in a 12% upside – more than double the improvement you'll see with just drinking water alone:

For energy to get through a workout or event, you should fuel your body 2 to 3 hours before training and competition. If solid food before an endurance event doesn't sit well in your stomach, you can try eating a small meal, 4 to 5 hours before the event. Then drink a small liquid snack or meal a couple hours before the competition for an extra boost.

Pre-Cycle fueling tips:

Consume a pre-competition meal, with high-energy foods like breads, cereals, pasta, rice, fruits and vegetables — as well as lean sources of protein. You should fill 2/3 of your plate with high- carbohydrate options.

You should also pay close attention to the meal the night before the event. This is a good time to load up on easy-to-digest carbohydrate sources like pasta, rice, bread, potatoes, fruits, and juices with the meal.

You should make sure to replace the sodium lost in sweat — especially if you're a heavy crammer. You can do this by regularly salting your food and eating some salty snacks like pretzels, crackers and soups. In general, endurance athletes should not adhere to a low-sodium diet.

Experiment with what works for fueling during competitions (bars, gels, etc.). Boost energy and glycogen stores by consuming high-carbohydrate foods and fluids in the "30 minute window" after training.