



WESTMINSTER TO WALTON CYCLE 2024

Training and Preparation Pack

16th-17th May 2024

Part of our **MAY**ke A Difference Month



INTRODUCTION

Thank you for signing up for the Walton to Westminster Cycle 2024. Your support will help us continue to change lives.

We all know how healthy, popular and rewarding cycling can be, and the Westminster to Walton ride will be all these things and more. An excellent route has been prepared and logistics have been taken care of - we aim to ensure that everyone has a rewarding and enjoyable time. However, as in all great achievements in life there is a price to pay; **preparation for this event is vital to your success.**

Training will be demanding and time-consuming with considerable dedication, effort and commitment needed before you even get to the start. That said, we intend to make the cycle as fun as possible while giving you a great sense of achievement in successfully completing the ride!

Once on the road, you and/or your team will be able to focus totally on the task ahead and enjoy the ride. All you need is your bike and helmet - your kit and baggage will be transported daily and all food and drink will be provided.

Let's get started!





THE RIDE

Daily Stages

The ride will take place during the day on public roads, including some steep hills. Each of the days will differ slightly in mileage, but on average you will be cycling 110 miles per day with pit stops en route in local towns and villages. All riders will be expected to comply with the Highway Code and observe road signs as well as wearing a helmet at all times while riding. We ask that you show courtesy to other road users at all times, especially local residents.

Each day, all riders will meet at the daily start point for the official stage start. Once underway, you'll follow the pre-planned routes with an outrider from our team cycling with you. They'll be able to deal with any problems and will help to keep everyone on the correct route. There will always be a support vehicle close by.

Pit Stops


There will be a minimum of three pit stops every day at local pubs and cafes, with plenty of food and drinks provided for you. Toilets will be available, and we will have first-aid kits and a bike mechanic on hand should you need. All riders will be required to stop at the pit stops, which are at roughly 25 mile intervals.

GETTING READY

TRAINING PLAN

It's very important that you are thoroughly prepared and ready to take on this amazing challenge. If in doubt, we recommend that you get a check-up from your doctor before performing any physical activity of this intensity. The fitter you are, the more enjoyable you will be find this experience to be! So, let's get training!

You will need to start training now. It is important that you build the miles up slowly, to avoid injury, as well as developing your stamina and base fitness. It's important to keep strong legs, abs and core to get the most out of our cycling. We recommend including a minimum of 30 minutes of weight training on these areas each week.

We've put together a 10-week training plan to help get you ready for the cycle. Keep your donors updated on your progress through your JustGiving page, and be sure to share on social media too! 

WEEKS 1-2

Start by performing 3-4 hours of cardiovascular (CV) exercise each week. This could be 3-4 cycle rides of 10 to 15 miles. Some top tips:



When out on the road, choose an easy gear and spin your legs (around 70rpm).



Take recovery days! For instance, try and train on Tuesday, Thursday, Saturday and Sunday with rest days in between.



Stretch after every training session to avoid injury. Lower body and back stretches are the most important.

WEEKS 3-6

You should now be starting to feel more confident on your bike and it is time to step up the training. You will now need to perform 4-6 hours of CV exercise per week (could be up 2-3 rides of 10 to 15 miles, and 1 ride of 20 to 25 miles). Our top tips for this part of training are:



Take a snack for your longer rides as you will need to keep energy levels up.



Suggestions include bananas, flapjacks or Jaffa Cakes, but it always boils down to personal preference.

WEEKS 7-8

You should now be feeling much more confident on your bike and enjoying your cycling. It's time to take your training to the next level, and you will need to perform 6-10 hours of CV exercise per week. This could be 2 rides of 15 to 20 miles and 2 rides of 30 to 40 miles.

Every other week you should include hills in both of your longer rides. Your long rides should also be done on consecutive days as it is important to get your body used to this as when it comes to the event, you'll be cycling around 110 miles on two consecutive days.



Fuel your body. This is now very important as you are out on the road for around 3-4 hours at a time.



Make sure you're getting a good source of complex carbohydrate (oats are ideal!).



If you're finding yourself getting fatigued, drop one or both of your shorter rides and give your body some extra recovery.

WEEKS 9-10

With a couple of weeks to go, are you ready? You'll need to be doing 8-12 hours of CV exercise per week. Include hills in your long rides and do these on consecutive days,

YOUR EQUIPMENT

THE BIKE

Whatever bike you have, we are sure you'll be able to finish the Westminster to Walton ride - what matters most is keeping your bike in good condition. Having a bike in good condition means you'll enjoy your training and the event in greater comfort, and with more ease.

We recommend that you use a road bike as they are light, fast and will help you complete the miles and fly up the climbs. Tyres will also have a big impact on speed; slick/skinny road tires are best and we recommend you go for a good quality, puncture-resistant tyre and make sure they are fairly new before starting the ride. You should pump them up to around 100psi, but this will depend on your weight.

When choosing a bike, we recommend that you choose the correct gear ratios. You'll need three chain rings on the front, and most bikes now have 8/9/10 gears on the back. Due to the length and steepness of some of the climbs, we suggest you have an easy gear so that you can keep spinning your legs.

If you only have two rings on the front, then it is vital that you have a greater range of gears on the back. You'll need a 27-tooth gear to get up the climbs (unless you are extremely fit). Even so, we highly recommend that you have the option to use easy gears if/when you need them.



**You don't need to spend
£1000s on a bike! If you
don't have one, you could
buy an entry level from
£300, or try second hand!**



OTHER EQUIPMENT

While we will have a mechanic and support vehicles available throughout the cycle, you are responsible for bringing your own gear - both for your bike and yourself. It's all personal choice, but we've included some suggestions and a recommended packing list to get you started.

Helmet

First and foremost, you need a good quality cycle helmet. Accidents are unpredictable and can happen to anybody - even the most experienced riders. **Wearing a helmet is compulsory on this ride** and, for your own safety and security, we recommend that you have a modern, branded helmet and ensure you know how to adjust and fit it securely.

The helmet should sit squarely on the top of your head, not tilted forward or backwards. Straps must be tightened so that the helmet doesn't wobble on your head and fits without feeling tight or uncomfortable.

As a guide, you should be able to see the front of the helmet if you 'look up', just get two fingers between the chin strap and your throat and feel the chin strap when you open your mouth wide.



Look for a helmet with ANSI 90.4 or Snell certification - this means that the helmet has passed a minimum safety standard for competition.

Clothing

If you haven't got any, it may be worth investing in a decent pair of **cycling shorts** which include good padding. Hours in the saddle without suitable padding can soon become quite uncomfortable!

Specialist cycle tops are also a good investment as they are generally colourful, lightweight and quick-drying - important if you experience inclement weather. **Remember, we will provide you with an event cycling jersey and additional t-shirt.**

With weather in mind, **rain gear** can be a useful addition to your equipment. Clothing needs to be breathable, waterproof and lightweight. If you're buying new, check for sealed seams to prevent leakage and ensure that wrist and ankle closures are both effective and durable.

Finally, **gloves** - while not essential - will help to prevent blisters and sores on your hands. **Trainers** are okay with toe clips, but make sure that they have a tread that offers a good grip with a sturdy sole. Shoes can take a lot of wear so don't take your favourite trainers! For serious riding - and this is a two-day endurance event - we would recommend SPDs (Shimano Pedalling Dynamics) as they are the most comfortable. *Please note: SPDs take some getting used to, so remember to practice in them beforehand!*

Sun Protection

Don't forget your sun protection! Sunburn can be painful and have serious consequences. Ensure you have a good supply of a waterproof, sweat-proof, high-SPF sunscreen in your bag.



BIKE MECHANICS

We will have a bike mechanic available throughout each day to help with repairs on bike where possible. Please remember that you must bring your own spare inner tubes, and it is essential that you are able to mend punctures and change inner tubes.

SUGGESTED PACKING LIST

The gear you bring and what you'll need throughout the cycle is completely personal choice, but we've put together a recommended packing list of things to think about bringing to help get you started!



Insurance



Mobile Phone and
Charger



Bike!



Helmet



Inner Tubes
(minimum 3)



Mini Bike Pump



Multi Tool (including
allen keys)



Puncture Repair Kit
(including tyre levers)



Cycling Jerseys (x2 -
including event jersey)



Cycling Shoes



Cycling Shorts



Bike Lights



Hi-Vis Vest



Waterproofs (jackets,
overshoes, trousers, etc.)



Drinks Bottles and
Holders (x2)



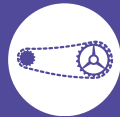
Insect Repellent



Cycling Gloves



Glasses/Sunglasses



Chain Lube



Chamois Cream/Vaseline



Medication (where
appropriate)



Evening Clothes and
Toiletries



PLANNING YOUR TRIP

What's Included?

Your £50pp entry fee will cover your accommodation and evening meal at the end of day one, lunches on day one and two and breakfast on day two, alongside all your snacks and drinks at pit stops.

We will also provide you with a ride jersey and commemorative t-shirt.

What to Plan

When planning your trip, you will need to think about travelling to the start line (Abington Street Gardens, Westminster), accommodation the night before the ride and getting home following crossing the finish line at Anfield, Liverpool.

We can make recommendations if needed. Get in touch with us on giving@standrewslive.org.uk - the team are on hand to help.

Our team will be travelling to Westminster the night before, and will be on hand to support you as much as possible.

STAY IN TOUCH!

Our team are here to help make your Westminster to Walton Cycle as easy, fun and successful as possible. If you need any support - from setting up your fundraising page to what sort of kit you need - please reach out.



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