

55 IN 5: 3 STEP TRAINING PLAN

<p>QUESTION 1: ALL IN ONE OR BIT BY BIT?</p>	<p><u>SETTING THE GOAL</u> YOU NEED TO KNOW HOW YOU PLAN TO COMPLETE THE CHALLENGE SO YOU KNOW WHAT YOU'RE WORKING FOR</p>	<p>ALL IN ONE - YOUR GOAL IS TO INCREASE YOUR MILEAGE IN SINGLE SITTINGS SO YOU CAN TAKE ON THE CHALLENGE</p> <p>BIT BY BIT - HOW MANY SESSIONS CAN YOU DO? YOUR GOAL IS TO INCREASE YOUR MILEAGE TO MATCH YOUR TARGET SESSIONS FOR EXAMPLE: IF YOU PLAN TO DO 5 SESSIONS TO HIT YOUR MILEAGE, YOU WILL BE AIMING FOR $55 \div 5 = 11$ MILES EACH SESSION IF YOU PLAN TO DO 3 SESSIONS TO HIT YOUR MILEAGE, YOU WILL BE AIMING FOR $55 \div 3 = 18.3$ MILES EACH SESSION</p>
<p>QUESTION 2: WHAT IS YOUR AVERAGE MILEAGE IN A CLASS?</p>	<p>IDENTIFYING YOUR STARTING POINT IF YOU KNOW WHERE YOU ARE RIGHT NOW, YOU CAN DETERMINE A MANAGEABLE APPROACH TO PROGRESS AND REACH THE ULTIMATE GOAL</p>	<p>NOW YOU KNOW WHAT YOU'RE AIMING FOR, YOU NEED TO KNOW WHAT YOU ARE CURRENTLY DOING. IF YOU HAVEN'T BEEN TRACKING YOUR WORKOUTS SO FAR, THEN YOU WILL NEED TO DO ONE AND PAY ATTENTION TO YOUR TOTAL MILEAGE. THE CHATEAU VELO BIKES WILL DO THIS FOR YOU - CHECK THE BOTTOM LEFT OF THE RESULTS SCREEN (IF YOU NEED HELP WITH THIS JUST ASK!) WE NEED TO GET A ROUGH IDEA OF HOW MUCH FURTHER, AND HOW MUCH LONGER YOU WILL NEED TO BE RIDING FOR TO MEET YOUR GOAL</p> <p>FOR EXAMPLE: YOU ARE CURRENTLY RIDING ABOUT 7 MILES IN A 30 MINUTE CLASS. YOU COULD HOPE TO RIDE ABOUT 14 MILES IN AN HOUR, SO 55 MILES WOULD TAKE YOU JUST UNDER 4 HOURS</p>
<p>QUESTION 3: WHEN ARE YOU COMING?</p>	<p>COMMITTING TO PROGRESS THERE WILL ALWAYS BE THINGS THAT COME UP, BUT PUTTING DATES IN THE DIARY MEANS YOU ARE MORE LIKELY TO FOLLOW THROUGH</p>	<p>FROM 1 MAY TO RIDE WEEK THERE ARE SIX WEEKS</p> <p>YOU WILL IDEALLY BE RIDING AT LEAST TWICE A WEEK, BUT OTHER MOVEMENT WILL HELP YOU BUILD UP YOUR STRENGTH AND ENDURANCE TOO.</p> <p>IF YOU NEED TO INCREASE YOUR MILEAGE, YOU WILL WANT TO AIM TO SPEND LONGER ON THE BIKE, MORE OFTEN.</p> <p>TRY TO FIT IN MORE RIDES IF YOU CAN - THE CLOSER YOU GET THE MORE IMPORTANT THAT WILL BE. THE AMOUNT YOU INCREASE WILL NOT BE THE SAME EVERY TIME (THE RIDE YOU DO WILL IMPACT IT, YOU DON'T GO AS FAR WHEN YOU GO UP HILLS!) SO KEEP TRACK OF YOUR AVERAGES.</p> <p>AN EASY WAY TO INCREASE MILEAGE IS TO ARRIVE A LITTLE EARLIER AND GET ON THE BIKE AND START RIDING, ALL THOSE EXTRA MINUTES WILL ADD UP!</p>

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<p>QUESTION 1: ALL IN ONE OR BIT BY BIT?</p>	<p><u>MY GOAL IS TO COMPLETE IT IN:</u></p>
<p>QUESTION 2: WHAT IS YOUR AVERAGE MILEAGE IN A CLASS?</p>	<p><u>MY CURRENT AVERAGE MILEAGE PER HOUR IS:</u></p> <p><u>THE TOTAL RIDE WOULD CURRENTLY TAKE ME:</u></p> <p><u>NOTES:</u></p>
<p>QUESTION 3: WHEN ARE YOU COMING?</p>	<p><u>MY TRAINING SESSIONS WILL BE:</u></p>

