



## Be prepared for your ride

### Check your bike



Before setting out it's important that both you and your bike are fit for the road. Make sure all your brakes are working, tyres are pumped and gears are in check - your local bike shop will be able to help.

### Fuel your body



Make sure you eat plenty of carbohydrates before and after long rides to keep up energy levels and chicken and fish to help develop muscles. Remember to stay hydrated, packing water every time you're heading out.

### Build your stamina



Be realistic when planning your challenge and gradually build up your miles. Start by riding at least 150 minutes a week and when you feel ready to push yourself further, start introducing hills and some longer rides at the weekend.

### Research your route



You may already have an idea of where you want to cycle or still mapping it out, either way know exactly what to expect before hitting the road. Will there be hills? What's the distance? Do you know the stopping points along the way? Get planning on where your challenge will take you.