



*Gear Up for fun, for a challenge, for a cure*



## Training for the Tour

So you've registered for the Bike Tour. Problem is, you haven't dusted off your bike in 2 years and are a little nervous about the looming Tour date ahead of you. Here are some tips that will help ensure your weekend goes as smoothly as possible.

### Prepare your Bike

**Take your bike to a bike repair shop before the Tour.** The experts will make sure your tires, chains, and brakes are in good condition to handle the length of the Tour.

### Make sure your bike is a good fit for you.

- Straddle your bike and stand flat-footed. Road Bike: There should be 1 – 2 inches of clearance. Mountain Bike: There should be 2 – 3 inches of clearance.
- Adjust the handle bars, wheels, gears and breaks.
- Knees should be slightly bent when sitting in the seat with the pedal down.
- Find a seat that works for you! Gel seats are popular choices, but there are other styles that will make your ride more comfortable.

### Training

The more you train in advance of the Tour, the more prepared and ready you will feel at the start line. Some suggested training runs that should help you out are:

- Hills – while there aren't too many on the RONA MS Bike Tour – MS 150 a few might catch you by surprise if you're not ready for them.
- Interval Training (short distance sprints)
- Moderate days (ride 15km at your own pace)
- Endurance days (ride 40 – 70km, focusing on distance)
- Speed days (ride 25km while maintaining a cadence of 90rpm.)

**\*Set cycling goals.** Work your training rides into your weekly routine in the months leading up to the Bike Tour.