

**On your marks.
Get set.
Ride!**



8 tips to get you cycling

1.

Check you've got the right kit. You'll need comfy clothing and a helmet and we suggest getting your bike serviced before your challenge begins. Add a base layer, and consider gloves if its cold. For more kit tips check out our [cycling guide](#).

2.

Break down your miles per week and make a plan. Schedule a long ride each week or work out when you've got an evening free to build some miles on the turbo or spin bike.

3.

Most importantly, stay safe. Be seen at all times with bright clothing and lights and keep your eye on the road and traffic. Ride within your limits and only cycle where you feel confident and safe. See more safety tips in our [cycle guide](#).

Need some help?

You can email our professional coaches with any questions.

info@runningwithus.com

8 quick tips to get you cycling

4.

Stretch after every cycle, holding each stretch for 45-60 seconds. Focus on your quads, hamstrings, glutes and back in particular and make this part of your routine. Check out some stretches in our [cycling guide](#).

5.

Try and use your bike for more day to day journeys and give your rides purpose. Cycle to the shops, to your friends or to work. Every mile counts.

6.

Get out early. If you struggle to motivate yourself, do your cycle first thing, then enjoy the rest of your day feeling proud.

7.

Rest up! Your body gets fitter as you rest and it adapts to your exercise routine. Take rest days and make sure you refuel your body after each ride.

8.

Make sure you're well fuelled. Eat well the day before your long rides and in the hours before you set off to keep your energy high. Take snacks with you like energy bars, rice cakes or flapjacks to keep you fuelled and ensure you're regularly drinking water. Check out our [cycling guide](#) for more tips.