



# Bike and Hike Granada



## CYCLING FITNESS GUIDE

This document provides cycling fitness recommendations designed to support your preparation for leisurely, moderate, and challenging cycling tours offered by Bike and Hike Granada in the Andalusia region.



# CYCLING FITNESS RECOMMENDATIONS



Congratulations on booking an exciting cycling holiday with Bike and Hike Granada!

Whether you're a seasoned cyclist or embarking on your first adventure, proper preparation is essential to ensure you enjoy your trip to the fullest.

To support your journey, we've created a tailored fitness plan with helpful guidelines and recommendations to enhance your readiness. While following this plan is not mandatory to participate in our tours, it can be a valuable tool to diversify your workouts, build endurance, and increase your confidence ahead of the trip. Feel free to adapt the sessions to suit your personal schedule and fitness level—it's perfectly fine if you're unable to complete every session exactly as outlined.

The core objective of this training plan is to get you comfortable spending extended periods on your bike, helping you feel confident and prepared for the routes included in your actual tour itinerary. One of the most effective ways to integrate training into your routine is to cycle to work, promoting consistency without requiring extra time from your day.

We strongly recommend that you consult with your doctor before beginning any new exercise program. If you have any pre-existing medical conditions such as asthma, heart conditions, epilepsy, high blood pressure, diabetes, or joint and muscular concerns, please seek professional medical and fitness advice before starting this plan.

We look forward to riding with you in the beautiful region of Andalusia!  
Preparation Basic for all rides

## Preparation-Basics for all rides

**Cardiovascular (CV) or Aerobic fitness:** This exercise is necessary to attune your heart and lungs for improved stamina while on the trail. If you are regularly invested in activities like swimming, cycling, rowing or running, increasing your time or intensity whilst doing these activities will serve as good training. Nonetheless, your prime aim is to start on your bikes as much as possible. Over the time, extend your time limit on the saddle, and incorporate longer routes while escalating your pace and cadence (the number of rotations your pedals makes per minute while riding). You can even try to include hilly terrains. If must ensure to cover a wide variety of terrain while riding, especially if you have opted for a challenging ride. This is to prepare you for the actual diverse terrain existing on your trip.

Your workouts and your efforts will depend on your current cardiovascular fitness and the level of the selected cycling trip. Based on your prevailing level of fitness and our cycling grades, we have put forth 3 fitness training plans as per below:

**Level 1 Plan:** is for laid back, relaxed and moderate rides (grades A, A/B and B)

**Level 2 Plan:** is for Moderate and Moderate to Challenging rides (grades B/C and C)

**Level 3 Plan:** is for Challenging to Tough rides (grades C/D and D)

You will have to push hard and give more effort and preparation while opting for a tough ride as compared to an easy ride. In the following pages, we have provided a self-assessment chart which will help you to calculate whether you are putting in the required amount of effort. The chart advances every week in terms of increased volume and intensity so that you can build up your fitness progressively.

We advise you to practice with the same kit you are considering taking on your trip. You can also carry along your pedal and saddle on the trip. And if you are planning to carry them for sure, then train yourself by clipping your shoes to them. On the other hand, if you are fine with to cycle on flat pedals, make sure the soles of your shoes are stiff as you may have to wear them for hours at a stretch. While training, consider practising in a different type of shorts as well. You can experiment whether you prefer plain or padded shorts. And if you are setting out in colder climates, make sure to try various layering like a windproof top or a wicking t-shirt. Some places may even require more adequate clothing than this. More importantly, it is necessary that you get accustomed to your bike and how you feel about it. This will ensure comfort and make your trip more pleasant and gratifying.

# SELF-ASSESSMENT CHART TO TRACK YOUR CARDIO WORKOUTS AND THEIR PHYSICAL EFFECT ON YOUR BODY

## EFFORT LEVEL

## PHYSICAL EFFECTS

While doing mild stretching or on a light walk

### Lifestyle Activity

One can effortlessly engage in a conversation. Your breathing is normal.

To warm up minimum effort required; applicable at all levels  
Level 1- Taking long rides on the flat, downhill  
Level 2- Downhill modules  
Level 3- Downhill modules

### Light to Intermediate Activity

You are engaged in work and can carry on with work for hours at a stretch. You can breathe comfortably and maintain a conversation.

Level 1- Lengthy rides on minor gradients  
Level 2- Prolonged rides  
Level 3- Prolonged rides

### Intermediate Activity

You breathe deeply.  
Conversations with breaks in between.  
Mild sweating.

Level 1- Spin workout class or drive uphill  
Level 2- Spin workout class, taking interval efforts as well as taking steep gradients  
Level 3- Spin workout class, taking challenging hill routes

### Difficult Activity

You have to put a lot of effort. Noticeable heavy breathing. Immensely broken conversations. Sweat is prominently visible.

Level 2- Too steep gradients, difficult to maintain for a long time  
Level 3- Extreme steep gradients (10 %+), discomfort if pushed after an extent

### Severe Effort

Burning sensations in muscles, shortness of breath, struggling to speak.  
Unable to maintain the intensity.  
Profound sweating.

## Warming Up and Cooling Down

Before you begin any exercise session, make sure to do some cardio exercise for 5-10 mins so that your pulse rate increases gradually. This helps in stabilising the gradual pumping of blood to your muscles and it will prevent the body to sustain sudden shocks due to intensive workouts. When you end the sessions, decrease the intensity and speed of the exercise gradually, until you start to breathe normally. Lastly, do some stretching.

## Strength Exercises

These exercises will engage your principle muscles which are used while cycling. Whilst riding, the core, legs and glutes experience the highest amount of strain. By practising simple and easy body weight, you will be able to strengthen your core, legs, back and glutes. This will eventually help you to withstand long journeys very comfortably by maintaining an improved riding position. The exercises involved in the strength- training program advance in difficulty in parallel to the training plan. Say, for example, you are practising Level 3 of the training plan, but on the contrary, if the level 3 of strength exercise is too hard to follow, then you can alter the exercises as per the other plan. There are numerous alternatives to modify the plans as per your capacity. Intend to perform exercises in a steady and controlled manner. Aim to finish the recommended repetitions accompanied by 1-2 mins of rest before advancing to other repetitions of the same set or moving to the next exercise. While practising any strength exercises, avoid flexing the spine or rounding the shoulders. Try to maintain an appropriate posture, focusing the eyes on the horizon, keeping shoulders steady at the back, with chin and chest forward.

## Practice Stretching

Stretches are incredibly helpful as they help to curtail any injury and enhance flexibility which in return helps in the easy practice of the given exercises. In the following pages, we have listed down a set of stretches that will get you prepared for the plan. We highly advise you to practice the stretches before you start any exercise after warm-up and also after you cool down.

## Rest, Recover and De-escalate

It is extremely important to have adequate rest during your training period for your muscles to rest and recover which improves your overall fitness eventually. There are devised rest days in the training schedule. But if in any session or on any day you feel tired, you can modify as per your needs. A week before your trip, lessen the time of your training in terms of length and intensity to a minimum level. De-escalating your schedule will allow your body to restore and re-energise for the actual trip. This resting period is extremely crucial to make sure you are perfectly fit for your ride.

## Add Fitness to your Lifestyle

Along with the fitness schedule, make sure to perform your everyday activities which will facilitate your back, core and legs further. This could be small changes like preferring stairs over the lift. You can carry your cycle to work, if not go walking to buy your groceries. You can increase your intensity while doing household chores or gardening. Make sure to bend your knees and not to flex much of your lower back.

# LEVEL 1 Plan

## Leisurely & Moderate Rides

**USE THIS GUIDE** in case you do not possess an everyday exercise routine, but it is easy to incorporate cycling for 60mins.

Suitable for Grade A or B **LEISURELY** or **MODERATE** rides



- Targetted to prepare you for 2-4 hour rides at a pleasant pace.
- A considerable part of your training will be of medium intensity.
- Prefer going out on cycle most of the time- Consider your cycle as your foremost mode of transport wherever you want to go. The more you incorporate this habit into your lifestyle, the more you will be prepared for your trip.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
ONE	Strength Exercises	Indoor Cycling or 60 mins bike	Relax	Indoor Cycling or ride for 40 mins outdoor: Intensity-Difficult Strength exercises	Relax	Long Ride 90 mins	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
TWO	Strength Exercises	Indoor Cycling or 60 mins bike	Relax	Indoor Cycling or ride for 45 mins outdoor: Intensity-Difficult Strength exercises	Relax	Long Ride 2 hours	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
THREE	Strength Exercises	Indoor Cycling or 60 mins bike	Relax	Indoor Cycling or ride for 40 mins outdoor: Intensity-Difficult Strength exercises	Relax	Long Ride 2.5 hrs	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
FOUR	Strength Exercises	Indoor Cycling or 60-80 mins bike	Relax	Indoor Cycling or ride for 60 mins outdoor: Intensity-Difficult Strength exercises	Relax	Long Ride 3 hr	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
FIVE	Strength Exercises	Indoor Cycling or 60-80 mins bike	Relax	Indoor Cycling or ride for 60 mins outdoor: Intensity-Difficult Strength exercises	Relax	Long Ride 3.5 hrs	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
SIX	Strength Exercises	Indoor Cycling or 60-80 mins bike	Relax	Indoor Cycling or ride for 60 mins outdoor: Intensity-Difficult Strength exercises	Relax	Long Ride 4 hrs	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins



## LEVEL 1 STRENGTH EXERCISES

### Exercise

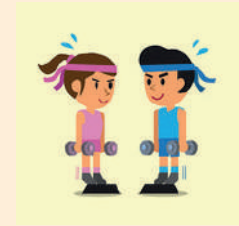
### Options & Progressions

#### 3 WAY CALF RAISES

As you stand with your feet hip-width apart, lift your heels as high as they will go, then lower them down with control. Follow up by pointing your toes in for 15 repetitions, and then change your feet to pointing forward for 15 repetitions.

**Too easy?** You can try carrying weights or go on Until 20 repetitions.

**Too Hard?** You can start with fewer repetitions and take it up to 15.

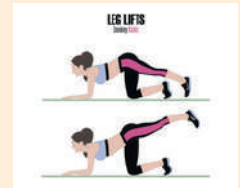


#### PLANK WITH ARM/LEG LIFT

Lay in a plank position for 30 seconds, lifting your right or left leg every five seconds off the ground, alternatingly. Ensure that you maintain a straight plank till the end without letting your hips sag.

**Too easy?** Hold the plank for up to 45 seconds or Try to lift the opposite arm and leg together.

**Too hard?** You can try practising half plank by touching your knees to the ground or performing the full plank without raising an arm or leg.



#### PRESS UPS

While facing the floor, try to keep the body in a straight line, stretch the elbows to the side and push the chest lower. Tighten your core muscles. Do 30 repetitions.

**Too easy?** Try to do 50 repetitions.

**Too hard?** Take the support of the floor by touching the knees to the ground and then do the set.



#### SQUAT AND OVERHEAD PRESS

Lower your upper body. Keep your legs wide apart than your hips. Touch your feet flat on the ground and keep a straight spine. Come up pushing your feet as much as you can. Do 20 repetitions.

**Too easy?** Try doing it with a medicine ball, dumbbell or a rucksack in your hand. When you are in a squat posture, hold that in front of you. When you stand up, thrust it overhead.

**Too hard?** While in the squat posture, do not go too down.

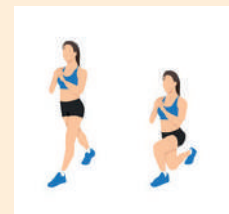


#### SPLIT SQUATS

Take one foot in front and the other at the back keeping the body straight and firm. Go low, thrusting the weight in the front leg. Come back to the main position. Do 15 repetitions for each leg.

**Too easy?** Practice lifting weights and increase the repetitions up to 20 for each leg.

**Too hard?** Try practising with fewer repetitions.



#### RUSSIAN TWIST

Sit comfortably on the ground. Sit up straight and twist the body on one side. Touch both your hands to the ground. Repeat on the other side. Do 20 repetitions.

**Too easy?** Bend your knees and touch your feet flat on the ground. You can add 5-10 kgs weight as well.

**Too hard?** Decrease the number of repetitions.



#### SKIPPING

Use a skipping rope for up to 2 mins.

**Too easy?** Skip for longer durations, speedily.

**Too hard?** You can try jumping jacks also known as star jumps.



## LEVEL 2 Plan Challenging Rides

**USE THIS GUIDE** if you enjoy being on your bike for 90mins- 2 hours at a stretch, and you are keen on being physically active and try doing exercise 2-3 times a week.

Suitable for Grade C **CHALLENGING**



- Get habituated to riding your bike for a few days in a row and being comfortable sitting on the saddle for an extended period.
- Make sure you include some intensity as it will enhance your fitness and equip you for sustaining tough terrains on your trip.
- You have to be on the bike for longer durations than your usual routine life. Therefore, incorporate movement in your lifestyle as much as possible to train your body.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
ONE	Total 60 mins: which should comprise of 10 mins moderate, 5 mins hard. Do 3 repetitions.	Practice bike 15-30 mins along with Strength Exercises	Relax	Indoor Cycling or moderate cycling for 60mins along with strength exercises	Relax	Take 90 mins Long Ride	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
TWO	Total 60 mins: which should comprise of 10 mins moderate, 5 mins hard. Do 4 repetitions.	Practice bike 15-30 mins along with Strength Exercises	Relax	Indoor Cycling or moderate cycling for 60mins along with strength exercises	Relax	Take 2 hrs Long Ride	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
THREE	Total 60 mins: which should comprise of 10 mins moderate, 10 mins hard. Do 4 repetitions.	Practice bike 20-40 mins along with Strength Exercises	Relax	Indoor Cycling or moderate cycling for 60mins along with strength exercises	Relax	Take 2.5 hrs Long Ride	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
FOUR	Total 60 mins: which should comprise of 10 mins moderate, 10 mins hard. Do 6 repetitions.	Practice bike 20-40 mins along with Strength Exercises	Relax	Indoor Cycling or moderate cycling for 60mins along with strength exercises	Relax	Take 3 hrs Long Ride	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
FIVE	Total 60 mins: which should comprise of 10 mins hard, 5 mins intense. Do 3 repetitions.	Practice bike 20-40 mins along with Strength Exercises	Relax	Indoor Cycling or moderate cycling for 60mins along with strength exercises	Relax	Take 3.5 hrs Long Ride	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
SIX	Total 60 mins: which should comprise of 10 mins hard, 5 mins intense. Do 4 repetitions.	Practice bike 30-40 mins along with Strength Exercises	Relax	Indoor Cycling or moderate cycling for 60mins along with strength exercises	Relax	Take 4 hrs Long Ride	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
SEVEN	Total 60 mins: which should comprise of 5 mins intense with 3 mins moderate recoveries. Do 6 repetitions.	Practice bike 30-40 mins along with Strength Exercises	Relax	Indoor Cycling or moderate cycling for 60mins along with strength exercises	Relax	Take 4.5 hrs Long Ride	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins
EIGHT	Total 60 mins: which should comprise of 10 mins hard, 10 mins intense. Do 3 repetitions.	Practice bike 30-40 mins along with Strength Exercises	Relax	Indoor Cycling or moderate cycling for 60mins along with strength exercises	Relax	Take 5 hrs Long Ride	Optional Cross Training, Walk- 90 mins, Swim- 40 mins, Or Run- 30 mins

## LEVEL 2 STRENGTH EXERCISES

### Exercise

### Options & Progressions

#### OFFSET PRESS UP

It is the same as a normal push-up. One has just to change the position of their hands. You can inculcate variations like- putting one hand outside making it wide, positioning both your hands in a similar direction(left or right), or putting one hand in front of the other etc. Do 3 sets of 10 repetitions each. Rest for 1-2 mins before practising another set.

**Too easy?** You can increase the number of repetitions. Or try more complex hand positions.

**Too hard?** Try to keep the off-set hand position, but ensure your knees are touching the ground.



#### SIDE STEP UP

Find a bench or a platform, and stand closer to it. With the foot closer to it, step up on it and come down at a slow pace. Land smoothly without thrusting your body. Keep your back straight and firm whilst not pushing the back foot. Do 3 sets of 10 repetitions on each leg.

**Too easy?** Aim for high benches or try incorporating weights like a dumbbell or a rucksack.

**Too hard?** Try stepping up on smaller heights or do fewer repetitions.

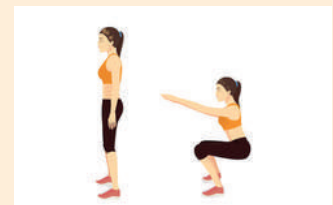


#### ROTATIONAL CRUNCH

Lie on the ground facing the sky, lift your legs in the air, and keep your knees and hips at a right angle. Push your upper body in the air, bend your elbow and try to touch it to your opposite knee. Come back to normal posture and repeat 3 sets with 10 repetitions on each side.

**Too easy?** Increase the number of repetitions.

**Too hard?** Do not lift your upper body too much or don't do more repetitions.

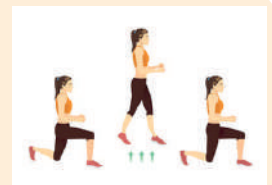


#### REVERSE LUNGE AND REACH

Keep your feet together, place your one foot back in a reverse lunge and bend forward till you touch the ground with your hands. Again, come back to the middle position and put the other feet at back. Do 3 sets with 10 repetitions on each leg.

**Too easy?** Try to go forward as much as you can or go on the sides.

**Too hard?** Just practice the usual reverse lunge.

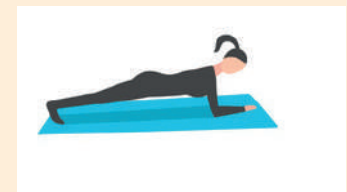


#### PLANK DOLPHINS

Be in a plank position using your forearms and keep your core flat and straight. Move your chin over your fingers and come forward. Go back to your main plank posture. Do 3 sets with 10 dips.

**Too easy?** Practice more repetitions.

**Too hard?** Try practising a normal plank pose or bend your knees touching the floor.



#### BACK EXTENSIONS

Lie on the ground with your stomach facing the floor. Lift your feet as well as your upper body. Smoothly go down and repeat with no sudden jerks. Touch your ears while practising. Do 10 repetitions.

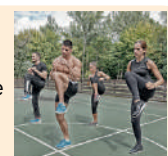
**Too easy?** Try to move your arms forwards.

**Too hard?** Keep your arms on your sides.



#### MOUNTAIN CLIMBERS/ HIGH KNEE COMBINATION

Come in a hand plank position and do 10 repetitions of mountain climbs where you have to bring your knees to the front one after the other. Then, stand straight and perform 10 high knee exercises followed by mountain climbers again. You should practice it swiftly as it is a dynamic exercise. Do 3 repetitions.





## LEVEL 3 Plan Tough Rides

**USE THIS** if you consider yourself a seasoned Cyclist. If you want to ace it, challenge yourself by pushing your limits and training regularly.

Suitable for Grade D **TOUGH**



- This module spans over 8 weeks which will not make you an expert overnight, but it will equip you to face challenges if you possess a certain level of fitness.
- On every weekend, you necessarily have to plan for long rides and also plan out a few rides on the weekdays.
- It is highly recommended that you aim for steep gradients and try to push yourself!

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
ONE	Relax	Cycling (15 mins difficult + 5 mins intense) Take a 5 min recovery break in between. Do 2 repetitions.	Strength Training or Circuit Sessions	Indoor Cycling Or 60 mins cycling (ride for 30 mins moderately)	Relax	Long Ride 2hr	Take a 3hr long ride
TWO	Relax	Cycling (15 mins moderate + 5 mins difficult) Take a 5 min recovery break in between. Do 2 repetitions.	Strength Training or Circuit Sessions	Indoor Cycling Or 60 mins cycling (ride for 20 mins intensely)	Relax	Take a 2hr 30 mins long ride	Take a 3hr 30 mins long ride
THREE	Relax	Cycling (20 mins moderate + 10 mins difficult) Take a 5 min recovery break in between. Do 2 repetitions.	Strength Training or Circuit Sessions	Indoor Cycling Or 60 mins cycling (ride for 20 mins intensely)	Relax	Take a 3 hr long ride	Take a 3hr 30mins hr long ride
FOUR	Relax	Cycling (20 mins moderate + 10 mins difficult) Take a 5 min recovery break in between. Do 2 repetitions.	Strength Training or Circuit Sessions	Indoor Cycling Or 60 mins cycling (ride for 30 mins intensely)	Relax	Take a 3hr 30 mins long ride	Take a 4hr long ride
FIVE	Relax	Cycling (5 mins moderate + 10 mins difficult) Take a 2 min recovery break in between. Do 3 repetitions.	Strength Training or Circuit Sessions	Indoor Cycling Or 60 mins cycling (ride for 40 mins intensely)	Relax	Take a 3 hr long ride	Take a 4hr long ride
SIX	Relax	Cycling (5 mins moderate + 10 mins difficult) Take a 2 min recovery break in between. Do 3 repetitions.	Strength Training or Circuit Sessions	Indoor Cycling Or 60 mins cycling (ride for 30 mins intensely)	Relax	Take a 3 hr long ride	Take a 4hr 30min long ride
SEVEN	Relax	Cycling (5 mins intense/vigorous) Take a 2 mins recovery break in between. Do 6 repetitions.	Strength Training or Circuit Sessions	Indoor Cycling Or 60 mins cycling (ride for 45 mins intensely)	Relax	Take a 3hr 30 mins long ride	Take a 4hr long ride
EIGHT	Relax	Cycling (5 mins intense/vigorous) Take a 2 mins recovery break in between. Do 6 repetitions.	Strength Training or Circuit Sessions	Indoor Cycling Or 60 mins cycling (ride for 40 mins intensely)	Relax	Take a 3 hr long ride	Take a 4hr long ride



## LEVEL 3 STRENGTH EXERCISES

### Exercise

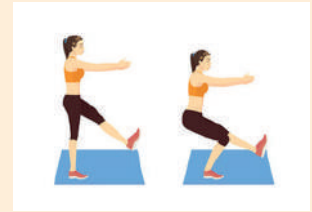
### Options & Progressions

#### SINGLE LEG SQUATS

While lowering over a bench, stand on one leg and stretch the other forward. Come back to the main position. While going down, try to avoid touching it wholly. Just slightly go down and push upwards again. Try to engage your core throughout. Do 3 sets of 10 repetitions for both legs.

**Too easy?** Try doing it without a bench or do it on a low-height bench.

**Too hard?** Use one leg while going down and while coming back stand on both feet.



#### V-SITS

Lay flat on the ground facing the sky and your hands raised over your head. Slowly, lift your hand and legs at the same time. Bring them towards each other. Try to keep your lower back towards the ground. Do 3 sets with 10 repetitions.

**Too easy?** Before lowering the arms and legs, try to maintain the V posture for 1-2 seconds.

**Too hard?** Hold the tip of your toes, while stretching your arms.



#### LATERAL BURPEE (SQUAT THRUST)

Stand straight and go in the squat posture. Bring your arms down in a pushup position. Do a push-up and then quickly bring back your legs in the squat position. In the next repetition, jump on your left and repeat the same. Do 3 sets on both sides for 45 seconds each, turn by turn.

**Too easy?** Try to include a press-up after the plank position.

**Too hard?** Just do the burpees forward.



#### PRESS UP TO THE SIDE PLANK

Hold on to a press-up position. Keep your spine straight. Lift your right hand and go in a side plank position. Do 3-5 repetitions on each side.

**Too easy?** Try to exert more pressure and do it more quickly.

**Too hard?** Don't do the side postures. Just practice normal press-ups.

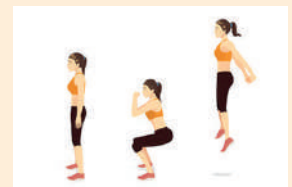


#### SQUAT HOLD AND JUMP

Sink in the squat posture keeping your thighs in a parallel line. Keep your back straight. Hold on to this posture tightly for 5 sec and take a jump. When you land, bend your knees and come down to the squat positions. Do 3 repetitions for about a minute.

**Too easy?** Before the next jump, try to hold on to the squat posture for 10 seconds.

**Too hard?** Practice the squat jumps for 15 seconds. Hold on to the position for 15 seconds and repeat it.

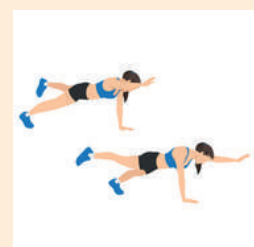


#### PLANK SUPERMAN

Go into the plank position on your forearms. Extend your arm and an opposite leg. Make sure to tighten your core, keeping it straight all the time. While you come back, lower your arm, back and belly. Switch your hands and legs. Do 3 repetitions.

**Too easy?** Try to hold on to the position for 10 seconds.

**Too hard?** Try lifting your arms and legs turn by turn.



# FULL BODY STRETCHES (ALL LEVELS)

- The best time to stretch is immediately after the exercise. It minimises the risk of injury and enhances flexibility.
- You can practice after coming back from a trail as it feels so soothing.

- Switch sides after holding a stretch for 30 seconds.
- If you feel tightness in any area, hold the stretch for 60 seconds.
- It is not compulsory to have a pole.



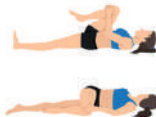
## KNEELING QUAD - HIP FLEX OR STRETCH

Stand straight and take your left foot back and make the knee touch the ground. Try to stretch the hip flexor and the quad. Keep your shoulders and legs straight. Try to bend forward, pushing the hip towards the knee. Hold the posture for 15-20 seconds and practice with the other knee forward. Do 2-3 repetitions.



## LYING QUAD STRETCH

Lie facing down. Bend your left leg and bring it towards your butt. Hold your ankle, lift the knee off the ground and stretch it for 15-20 seconds. Loop a towel if you cannot reach your foot. Put the leg down and switch sides. Do 2-3 repetitions.



## LYING SPINAL ROTATION

Lay flat on the ground facing up. Bend your knees such that your feet touch fully onto the floor. Stretch your arms wide, making a straight line with your shoulder. Gently, drop your knees to one side, and turn your face to the opposite side. Stretch as far as you can. Come back to the middle posture and switch sides. Do 8-10 repetitions.



## DOWNWARD DOG

This is an all-inclusive stretch for your back. Stand straight and take your hands up. Slowly bring it down to the floor so that you make an inverted V posture. Try to keep the sole of your feet pressed fully to the floor. Push your hips upwards. Try to hold the posture for 15-20 seconds. Do 2-3 repetitions.



## CALF STRETCH

Stand with one foot in front of the other. Keep your back knee straight and your back foot flat on the floor. Now slowly lean forward and feel the stretch in your calf muscles (gastrocnemius). Furthermore, slightly bend your back knee but do not lift off the foot. You can feel a mild stretch in your lower calf muscles (soleus). Hold the posture for 15-20 seconds.



## SHOULDER BLADE STRETCH

Lay on the floor facing upwards and bend your knees. Squeeze your shoulder blades together and feel the tension in the upper back. Your chest will bulge upwards as you do this. Hold on to the posture for 4-5 seconds and release it gently.



## SIDE BEND

Stand straight and take your arms overhead. Now try to hold the elbow of one arm with another hand. Slightly bend your knees, push the elbow towards your head and bend on one side. Try to hold the posture for 15-20 seconds.



## LYING LEG RAISES

Lay flat on the ground facing up and raises your left leg in the air. Try to touch the fingers of your foot with your hand or use a towel. Give a mild stretch. Maintain your posture for 15-20 seconds making sure your upper body and chest are relaxed.



# Adequate Nutrition Guide for Cycle Training

If you are practising any endurance sports, it is highly recommended that you should have a diet that is comparatively rich in carbohydrates along with enough hydration. Carbohydrates are converted by the body into glycogen form which is readily used as energy by the body while exercising. You must be practising a simple diet which is well enough for a low-intensity workout routine. But gradually as you progress to an intense stage of training, or mount through demanding terrains, you need to supplement with extra complex carbohydrates. There is various type of carbohydrates; Sugary Carbohydrates- which gives a temporary upsurge of energy and is useful for a quick workout. At the same time, high intensity/endurance workouts, you will require carbohydrates that release the energy slowly over a prolonged period. In addition, a well-balanced diet with proteins, good fats and all the necessary nutrients is strongly recommended to curb your hunger. Each person will have their own nutritional needs depending upon their health, age, gender, and metabolism as well as on the duration, speed and gradient of the ride. Read through the general guidelines mentioned below for a healthy individual.

## WHAT AND WHEN TO EAT WHILE DOING EXERCISES

Make sure to consume your meals 2-4 hours before you start exercising. Pre-workout meal options rich in carbohydrates and protein includes- a sandwich along with cheese, egg, fish, chicken or peanut butter; jacket potato with tuna, chicken, beans, and cheese; chunky soup with brown rice or bread; salmon with vegetables; chicken with rice; vegetable and chicken casserole with potatoes; pasta with tomato sauce and vegetables. Options for breakfast include- eggs and toast or porridge with milk.

One should consume snacks 30 mins before starting the exercise. Recommended good snack options include- dates and raisins; fresh fruit; dried apricots; energy or nutrition bars; smoothies; oatcakes.



## DURING AND AFTER EXERCISE

If you are practising moderate to intense workouts which last over an hour, eating carbohydrates during your workouts can prevent fatigue and stops glycogen from being depleted. You can experience low blood sugar levels or temporary hypoglycaemia if you exercise for a couple of hours without carbohydrates. You can feel light headed and your muscles will feel heavy. To avoid this scenario, consume food/drinks which are easy to digest and absorb like- Bananas, raisins, energy bars, beans, cereal bars, fruit juice, and sports drinks.

Immediately hydrate yourself after you finish the exercise and eat something within 15-20 minutes. Exercise uses glycogen and breaks down the muscle protein. Try to consume more protein-rich foods with carbohydrates that replenish your sugar levels quickly. Good options could be a sports bar, tuna, oat or rice cakes, fresh fruit with milk or yoghurt, peanut butter, a handful of nuts or dried fruits.

## HYDRATION AND FLUID

If you want to stay hydrated, consume 2 litres of water every day. This will also boost your energy levels. While you are on a workout regime, increase your water intake by an extra 0.5-1 litre after every hour you exercise. More than the necessary amounts of caffeine can also hinder water absorption levels in the body.

## WARNING: DISCLAIMER

In the given document, it is not necessary that all the plans and programmes are suitable for every individual. One should consult their physician before starting any of the given exercises in the document in case of any health concerns or going through any shoulder injury. The author has devised the plans very carefully. However, in case of any distress or injury caused by performing any exercise described in this document, no one will be accountable or responsible for the same.

# TRAINING SCHEDULE

## Beginning Training Schedule (For inexperienced riders)

TOTAL	Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
2 hrs	1	Off	½ hr	Off	½ hr	Off	1 hr	Off
3hrs	2	Off	½ hr	Off	½ hr	Off	½ hr	1 ½ hr
4 ½ hr	3	Off	½ hr	Off	1 hr	Off	1 hr	2 hr
6hr	4	Off	1 hr	Off	1 hr	Off	1 hr	3 hr
7 hr	5	Off	1 hr	Off	1 hr	Off	1 hr	4 hr
8hr	6	Off	1 hr	Off	1 hr	Off	1 ½ hr	4 ½ hr

**Plan:** Your schedule should be personalized for you. And remember-it should be fun. Feel free to modify your training plan based on your own physical condition, daily schedule and preferences. If your time doesn't allow you to exercise on the weekends, then plan your long rides during the week. If you're starting a new fitness plan, be sure to check with your physician first.

**Speed:** You'll notice that our training plan is based on time. We don't mention speed. Just as everyone bikes at their own pace during our tours, everyone should ride at their pace during their training. Your "time in the saddle" is more important than the number of kilometres you cover or how fast you go.

**Pace:** Strive to keep an even pedalling pace (cadence) as you bike. Spin your feet evenly and smoothly through the pedal stroke. Use your gears effectively. Shifting up or down as the terrain changes to keep a constant cadence. It is easier on your knees to pedal quickly and smoothly at an easier gear rather than slowly and firmly on a hard gear.

**Stretching:** The best routine is to stretch after you have cycled 10-15 minutes, and then again at the end of your workout. Be sure to include stretches for your legs and neck muscles.



**Hills:** The more hills you ride, the stronger you'll get. They not only strengthen your muscles, but they help you practice shifting and give you confidence. Don't be afraid of hills. If you learn to do downshifts to an easier gear at the bottom of the hill, you'll learn to spin easily at a constant pace and use less energy. Learn to enjoy the slower pace that hills allow. Listen to the sounds around you that you can only hear when you don't have the wind in your ears. The rhythm of your breathing can be very soothing.

**Intervals:** In addition to including some hills in your plan, it's a good idea to include some intervals are short periods of high extension followed by periods of recovery. After warming up with easy riding for 15 minutes, try suddenly cycling as hard as you can to the next tree or up a hill. Once at the top, slow down to your normal speed until you have recovered. Do this for a few minutes and then continue with your ride at an easy pace to cool down. Intervals are an excellent way to increase your strength and speed.

**Spinning:** Gym classes that incorporate spinning bikes are an excellent substitute for bicycling outdoors. Join your local fitness club and take a spinning class instead of forcing yourself to bike in the pouring rain or through a blizzard. Remember – keep training fun.

**Cross-training:** Feel free to use one of your workout sessions each week to cross-train. Use the time to hike, run, play tennis or take an aerobics class. If you mix up your training, you'll be less likely to get injured, bored or tired of it.

**Weight-training:** In addition to increasing your aerobic capacity, it's a good idea to strengthen your muscles at the same time. Consider lifting weights twice a week in addition to your biking schedule. If you're new to weight training, start with very light weights to avoid injury. Be sure that a trained professional show you proper technique and equipment use.

**Advanced training:** If you have signed up to do one of our more advanced tours, including our cross-country tours, you should double or triple your weeks of training. Steadily increase your weekly mileage to build endurance. Work up to two or three 6hour cycling days in a row. The more fit you are before the tour, the better you'll likely enjoy it. If you're not as in shape as you wish you were, you can always ride part of the day during the tour in the van. By the end of the week, you'll be in great shape for your next trip.

**Disclaimer :** The programs and plans outlined in this document may not be suitable for everyone. Individuals with health concerns or those recovering from an injury should consult a medical professional before beginning any of the activities suggested. While the author has taken care in developing these plans, they cannot accept responsibility or liability for any injuries or harm that may result from participating in this programme or from the use of any exercises, equipment, or facilities mentioned.

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