



[ KENYA ]

# 12 week training plan

## WEEK ONE

30KM

Long rides are banned during the first week on your bike. You need to get to know your gear, your bike and build up your confidence. We advise you start out on good, tarmac surfaces for now and get out for approx. 20-30km at the very most in one or even two sessions on week 1. It is vital that you enjoy this week and are left asking for more. You need to get off the bike on a high and look forward to week 2!

## WEEK TWO

2 short cycles, 40KM long ride

You're going to crank your training up a gear this week, quite literally. You should aim to cover 40km in one go. Start looking at your hydration when cycling and listening to your body. Try to take note of what you eat and how it affects you on the bike when you eat it. Include 2x short cycles mid-week.

## WEEK THREE

50KM long ride

This will be a noticeable step up, so do it all on a good surface. Getting comfortable with a 50km long ride will get you ready for the standard distances you will be cycling in Kenya. Take a break halfway through for about 10 minutes max. No longer though, as you do not want to cool down all together. When in Kenya you will need to do this sort of distance in one go without a break, so try to get yourself ready for that, both physically and mentally.

**Include 1-2 short rides/cycling sessions (gym/spin/cycle commute) to keep the legs ticking through the week**



[ KENYA ]

# 12 week training plan

## WEEK FOUR



60KM long ride

Take last week's ride and experience and start adding in some mixed surfaces. Plan a route that takes you through parks, trails and some traffic too. Get used to the fact that you may cycle on a silent track for a while and suddenly find yourself on a busy road with hazards everywhere. This week should be about learning that even when you are tired you have to think, look and listen to stay safe. Include 2x short cycles/cross training.

## WEEK FIVE



70KM long ride

This will be getting close to a typical day's distance to travel whilst in Kenya. Remember you are getting into longer distances now and will need to set the time aside in your schedule to complete the cycle and especially more in the weeks ahead. Include 2x short cycles or cross training sessions.

## WEEK SIX



90KM long ride

Week 6 is quite simply about stepping it up a notch. Try and find a route that includes mixed surfaces (some trails etc) make sure you are eating and drinking properly, and just fit the time in (roughly 4 -5 hours needed). Include 2x short cycles or cross training sessions.

## WEEK SEVEN



90KM long ride

Repeat week 6! Let your body get used to the longer distances and factoring in the "long ride" time into your week. If you can't squeeze a long ride in during one of these "middle weeks" - substitute with a shorter ride and make sure you are keeping up with cross training!



[ KENYA ]

## 12 week training plan

### WEEK EIGHT



**110KM back-to-back rides**

This distance should now be done over two consecutive days. We would recommend you push yourself hard on the first day, followed by getting up and cycling straight after breakfast on the next. Each ride should be c. 60KM long (3-3.5 hrs). The next two weeks of your training will be about getting familiar with the routine, getting up tired and cycling again. This training will not only be physical but a form of mental training.

### WEEK NINE



**130KM back-to-back rides**

This is the second of your back-to-back blocks and again, its about increasing mileage and getting used to cycling with tired legs. Make sure to shake out your legs during the week with either 2x short cycles or cross training sessions.

### WEEK TEN



**150KM**

This should be done over two consecutive days as with the last two sessions. You're reaching your training peak now! As ever, remember to keep the legs ticking over with some cross training or short cycles mid-week.

### WEEK ELEVEN



**180KM**

Repeat week 6! Let your body get used to the longer distances and factoring in the "long ride" time into your week. If you can't squeeze a long ride in during one of these "middle weeks" - substitute with a shorter ride and make sure you are keeping up with cross training!



[ KENYA ]

# 12 week training plan

WEEK TWELVE



TAPER

Week 12 is all about rest and taper. Your fitness is there and you're ready to ride. If you're anxious, try some gentle cross-training to keep you ticking over.

## GENERAL NOTES

When training, make sure you are used to and comfortable cycling distances on a heavier bike (i.e. not just a road bike). You can rent mountain bikes/hybrid bikes from most bike rental shops/trail centres.

The surfaces will be one of the biggest challenges you face in Kenya. Make sure you prepare and vary your training so that you have experience on trails (trail centres, parks) as well as tarmac. A list of trail centres in the UK can be found [here](#). Entry level trails (greens and blues) will be perfect prep, and you can get some taster mountain bike lessons too!

Make your training work for you: map out the 12 week lead-up to Ride Africa and timetable in your training rides. If you have a busy week, a holiday, work events - don't panic. Work around them - you can start the plan earlier and have a fallow week (you won't lose fitness).

Other gear: get used to cycling with a water bottle and practise reaching down to pick it up, drink, and return. Learn what you are comfortable riding in and with (favourite snacks, electrolytes and gels). We'll brief you on nutrition and hydration, and how to prepare for the heat.