



HANDS
ACROSS THE WATER

RIDER

TRAINING PROGRAM





THE MORE YOU TRAIN THE BETTER YOU'LL ENJOY YOUR ADVENTURE

TRAINING INTRO

THIS FOUR-MONTH PROGRAM is designed to prepare you for a 500km to 800km ride, however it is equally as suitable if your ride is more than four months away or covers a different distance. Most of our rides cover 100km a day. This may seem like a lot, but each day is broken down into approximately four 25km legs, with a drinks and rest break between each. This is all you need to train for, simply riding 25km at a time - a very achievable feat even for a beginner rider!

The key to your training will be stamina rather than speed. Some people on the ride will be keen cyclists, and others won't have been on a bike in years. As such, the pace will vary greatly, so don't panic about "keeping up". There will be plenty of opportunities to stretch your legs and ride hard, but you will find the real pleasure is in riding with the group and sharing the journey.

A high level of fitness will make the ride more enjoyable, but regardless of how fit you are, make sure you spend plenty of time on the bike in the lead up. It will make a world of difference to your experience.

BEFORE YOU GET STARTED

GET A ROAD BIKE - It's different to cycling on an exercise bike. You'll be surprised how many of your friends have a bike stored in their garage that they never use - and would love for you to use it. It will also help develop some road bike skills such as quickly getting on and off the bike at traffic lights, indicating your turns with an outstretched arm, turning to look backwards without crashing and most importantly being able to reach your water bottle!

FIND A LOCAL CYCLING TRACK - Training can be less stressful and more scenic off the main roads and when the track isn't full of people. Your local bike shop will likely know the best places to ride in your area.

TIP: WHAT GEAR DO I NEED



All you really need is a bike, a helmet and a water bottle (in a holder). Next on the list is likely to be a pair of cycling shorts or knicks (bike shorts with padding in the crotch). It's easy to spend thousands on equipment and gadgets, but our advice is to wait until you feel you need it. You can also find many free or cheap apps for your phone that will track your speed, distance, heart rate and more.

MONTH

1

BUILDING UP YOUR RIDING SKILLS AND GETTING SOME KMS INTO THOSE LEGS

Get used to a road bike! Practice some skills in a safe area. If you can't, then cycle on an exercise bike at the gym or at home. Stretch your legs after each ride - even though you just want to lay on the couch. Record your speed if you can and your heart rate. As you get fitter your heart rate will decrease while your speed increases. This is a great way of knowing your training is working. Also, try to space your training out during the week to non-consecutive days.

WEEK 1 & 2

FREQUENCY: 3 sessions per week
DURATION: 10-30 mins per session
SPEED: Steady pace of 20km/h+
INTENSITY: Moderate intensity*
EXTRA: One 90 minute ride on flat terrain

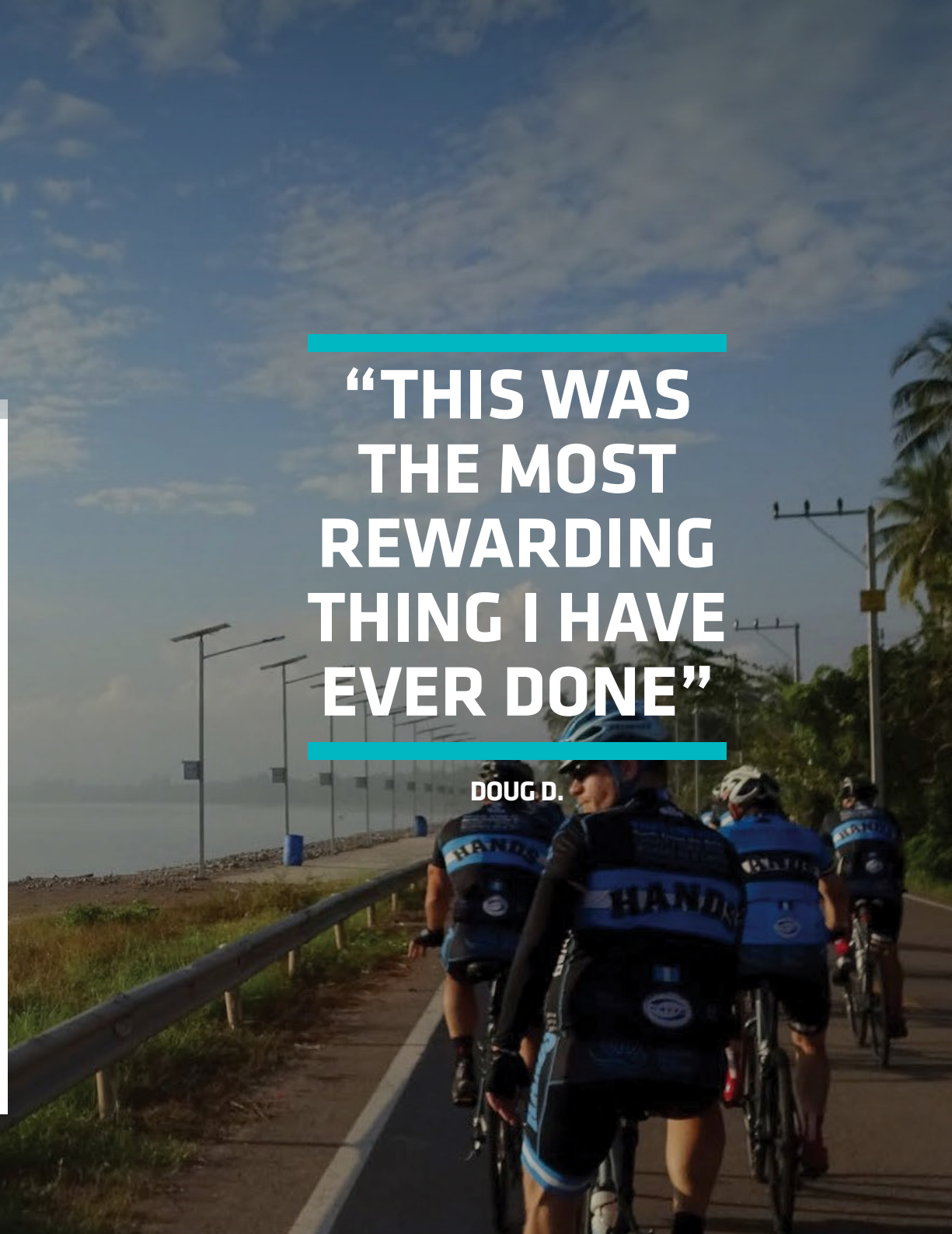
WEEK 3 & 4

FREQUENCY: 3 sessions per week
DURATION: 20-45 mins per session
SPEED: Steady pace of 20km/h+
INTENSITY: Moderate intensity*
EXTRA: One 90 minute ride on flat terrain

*Moderate intensity is when you're huffy and puffy but okay to continue

"THIS WAS THE MOST REWARDING THING I HAVE EVER DONE"

DOUG D.



MONTH

2

IMPROVING YOUR AEROBIC FITNESS

That first month was hard huh? It's quite natural to have a sore something, whether it's your saddle-sore bottom, your hands from putting all that pressure through them, or your growing calves if you haven't been stretching! This month we want to increase your aerobic fitness, which means adding some longer rides. Aim for a 90 minute ride on the weekend with a break in the middle.

WEEK 1 & 2

FREQUENCY: 3 sessions per week / 1 intervals*
DURATION: 30-45 mins per session
SPEED: Steady pace of 22km/h+
INTENSITY: Moderate to somewhat hard^
EXTRA: One 90 minute ride on flat terrain

WEEK 3 & 4

FREQUENCY: 3 sessions per week
DURATION: 40-60 mins per session
SPEED: Steady pace of 22-25km/h+
INTENSITY: Moderate to somewhat hard^
EXTRA: One 90 minute ride on flat terrain

*Intervals involve increasing your speed to as fast as you can for a short period of time and then return to your usual pace, then repeat. For a beginner try 10 seconds in every minute, but keep the resistance the same. This works easier on an exercise bike, but you can still do it on your regular road ride.)

^Somewhat hard intensity is when you're working just above your comfortable pace.

TIP: MAKE A DAY OF IT



To make your weekend rides more fun, take a packed lunch and make a day of it. Ride to somewhere you haven't been before. Find a new destination where you can enjoy yourself, even if it's just a nice beach, before getting back in the saddle to head home.

TIP: GET YOUR POSITION RIGHT



It's crucial for comfort, but it's also crucial for getting the most out of your body. If you get your position right, not least your saddle height, you can gain a huge percentage in performance without getting any fitter. Find the most experienced person you can – whether it's someone at a bike shop or in your local cycling club – to look at you on the bike and make sure your saddle height is right and your handlebars are in the right position.

MONTH

3

WORKING ON YOUR HILL CLIMBS

In a society that drives everywhere we often don't realise how hard it is to get up even a slight hill! This month you'll be tackling some hill climbs to strengthen your quad and calf muscles. If you're riding an exercise bike you can create hills by increasing the resistance. Make sure you stretch your legs after every ride.

WEEK 1 & 2

FREQUENCY: 4 times per week - two of which will be hill sessions
DURATION: 35 (hill)-60 min per session (maybe a spin class if you find it hard to do 60 mins on your own)
SPEED: Steady pace of 22km/h+
INTENSITY: Somewhat hard to hard*
EXTRA: One 2hr ride on slightly hilly terrain.

WEEK 3 & 4

FREQUENCY: 4 times per week - two of which will be hill sessions
DURATION: 35 (hill)-60 min per session
SPEED: Steady pace of 22km/h+
INTENSITY: Somewhat hard to hard*
EXTRA: One 2hr ride on slightly hilly terrain.
SKILLS: Practice on some very steep hills to get you out of the seat, as well as some long hills to build endurance.

*Hard intensity means you should really feel like it's hard!



YOU ONLY NEED
TO RIDE 25KM
AT A TIME.
YOU HAVE ALL
DAY TO DO THE
FULL DISTANCE.

TIP: FINAL WORDS



This truly is an unforgettable journey you have signed up for. Many of our riders will have ridden with us before. They return year after year because of the amazing experience it is and we can't wait for you to experience that as well.

Please don't hesitate to contact us in the lead up to the ride to chat about anything that is worrying you. We acknowledge that even getting on a bike can be nerve-racking for some people, and that a quick chat or snippet of advice can so often address concerns. We thank you for joining us on this journey and we look forward to travelling with you, every step of the way.

MONTH

4

IMPROVING YOUR
AEROBIC FITNESS

If the ride is almost upon you, you might be worrying if you've done enough. The important thing is not to over-train before the actual event. The last two weeks are actually for tapering off (yes, you get to slow down!). For the two weeks immediately prior to the trip, ride less often, less intensely and not for as long. Choose a few leisurely rides in places you really like. Also, try to vary the rides between longer ones, less intense ones and some shorter hill rides.

WEEK 1

FREQUENCY: 4 sessions per week - two or three of which will be hill sessions
DURATION: 35 (hill)-60 min per session
SPEED: Steady 22-25km/h+
INTENSITY: Moderate to Somewhat hard
EXTRA: One 2.5hr ride on slightly hilly terrain.

WEEK 2

FREQUENCY: 4 sessions per week - two or three of which will be hill sessions
DURATION: 35 (hill)-60 min per session
SPEED: Steady 22-25km/h+
INTENSITY: Moderate to Somewhat hard
EXTRA: One 2.5hr ride on slightly hilly terrain.

EXTRA INFO

THE BIKE

YOU WILL BE PROVIDED A BIKE for the ride, although you may bring your own bike seat and pedals if you would like. We do not let riders take their own bikes for two main reasons:

1. You would be responsible for the costs of getting it to the ride and if travelling internationally, clearing customs, which can be very costly.
2. If you get a flat tyre or break something on your bike you would have to take care of it. If it is one of our bikes, you simply stand on the side of the road and wait for the tyre to be changed or bike to be repaired by our support crew before continuing on.

THE KIT

WE'LL SUPPLY A CUSTOM RIDING JERSEY, knicks (riding shorts) and gloves for the trip, with additional gear available for purchase if needed. Helmets are compulsory whenever you are on the bike. For hygiene purposes and good fit, we ask you to bring yours from home.

Part of the recognition of our sponsors is that only Hands jerseys can be worn during the ride. There are four sponsor spots on the jersey. Any funds raised through this sponsorship will be allocated to your fundraising total. Please let us know if you know someone that would like to have their logo on the shirt.

SUPPORT CREW

THERE ARE PLENTY OF SUPPORT CREW AVAILABLE to make sure you don't take a wrong turn and they will be available for emergency transport situations. There is no pressure to ride if you are unwell for any reason.

Some may suffer from minor injuries, a touch of the sun or a general feeling of unwell. Even just one leg in the back of the van can make all the difference and give you that short break that enables you to get back on the bike.



**“RIDING 100KMS A DAY IS
A GREAT WAY TO GET TO
KNOW PEOPLE! WE CAME
HOME AS CLOSE FRIENDS
WHO HAD ACHIEVED AND
EXPERIENCED SOMETHING
REALLY SPECIAL”**

ALISON F



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