



SUGGESTED TRAINING PROGRAMME for the 160km Kelly Comeragh Challenge 2011

This programme is designed for someone who has a little cycling experience but is up for the challenge of this very demanding route. Ideally you would need a fairly high level of fitness from some other sport and be prepared to push yourself to your limits on the day.

- Safety first. Always wear a hard shell helmet which fits correctly.
- Always obey the rules of the road and be aware of other road users. Ensure that your bicycle is well maintained and roadworthy. Specially designed cycling gear is a must if you plan to train on a regular basis. Cycling shorts are particularly important with a chamois into the skin.
- Remember not to over-train. You may feel enthusiastic but if you are tired or sore remember a rest may be the best option. Then pick up where you left-off when you feel ready again.
- In these programmes all of the weeks consist of 4 days training. The others are classified as 'rest' days. This does not necessarily mean sit-down and watch TV! Try to bring another form of exercise into the plan on these days if your time permits e.g. a walk, swim, run, a 'slow easy' cycle or some stretching.
- The most common mistake by newcomers to cycling is that they use too "heavy" gearing and are labouring to turn the pedals. Change down to "light" gears, spin the legs round at about 80/90 revs a minute, and use the gears to maintain the high revs uphill and downhill.

16 Week Training Programme for the 'Kelly Comeragh Challenge' commencing Saturday 7th May 2011

The route has a number of long, very steep climbs included and it is essential to have suitable gearing on your bike. To get a bit technical, you need a low gear of at least 39 x 26 or a triple chainring. If that's double dutch to you, ask advice in a good bike shop or from an experienced cyclist !! You then need to do some of your training on similar climbs, ideally on your long Sunday spin and only after 8 weeks into the programme.

Experience of cycling in a group would be a major advantage particularly if we get a windy day. The benefit of slipstreaming behind another cyclist has to be experienced to be appreciated, and taking part in some of the "pre-tour" training cycles would be very beneficial.

Build your own training programme around your daily work / free time situation, but remember that "a little and often" works best. It is not essential to build up to 160k training spins before the big day. If you can do 100/120 k and not be exhausted, you will easily manage the 160 k as a once off.

So good luck with the training, stay safe and remember - the fitter you are, the more you will enjoy it, so on your bike !!!

Day	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	20k	20k	Rest	15k	Rest	15k	Rest
Week 2	20k	20k	Rest	15k	Rest	15k	Rest
Week 3	25k	25k	Rest	20k	Rest	20k	Rest
Week 4	25k	25k	Rest	20k	Rest	20k	Rest
Week 5	30k	30k	Rest	20k	Rest	20k	Rest
Week 6	30k	30k	Rest	20k	Rest	20k	Rest
Week 7	40k	40k	Rest	25k	Rest	25k	Rest
Week 8	40k	40k	Rest	25k	Rest	25k	Rest
Week 9	40k	50k	Rest	30k	Rest	30k	Rest
Week 10	40k	60k	Rest	30k	Rest	30k	Rest
Week 11	50k	70k	Rest	40k	Rest	40k	Rest
Week 12	50k	80k	Rest	40k	Rest	40k	Rest
Week 13	60k	90k	Rest	40k	Rest	40k	Rest
Week 14	60k	100k	Rest	40k	Rest	40k	Rest
Week 15	60k	120k	Rest	40k	Rest	40k	Rest
Week 16	40k	60k	Rest	30k	Rest	30k	Rest

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