



Royal Far West Ride for Country Kids 2020

The Ride for Country Kids is a peloton supported ride held on public roads in support of the Royal Far West. The route focuses on taking riders through the heartland of the Royal Far West and offers riders a unique country experience.

Riders will be placed into graded pelotons (groups) and be required to ride safely at an agreed average speed throughout the duration of each day. Riders can't ride at their own pace; each peloton will ride at a collective pace and this is why it's imperative everyone who rides in the Ride for Country Kids reaches an agreed base level of fitness so as not to hold people up and have a base level of experience so they can ride safely with others.

The base level for this ride is 25 k an hour and peloton average speeds will range from the base level of 25 k an hour up to 30 k an hour and above (subject to terrain and weather). For the safety and well-being of all riders, it's important riders can safely ride in a group at an agreed pace and learn some basic skills that keep both them and those around them, safe.

You don't need to be a world beater but you can't just turn up to events like these without doing some level of training and having some level of experience; it's important for riders to work on stamina and endurance and that starts with dusting off the bike and simply jumping aboard. There is no substitute for time on the bike; every training kilometer makes a difference and every training session with a clear purpose will help riders reach their goal.

We suggest riders take the time to design a training plan that works best for them, because every rider is different and every rider has different goals, strengths and weaknesses. It's good to try and identify those areas you need to work on and to focus on those areas as much as you can. If you're already fit and ride a bike occasionally but, you haven't ridden in a peloton, then group riding is probably something you need to work on. If you're new to riding then your first port of call is to simply ride your bike; set yourself small goals over the next few weeks with the idea to extend your distances and riding intensity on a weekly basis so by the time the event comes around you have built up a base to be able to ride each day comfortably and have ridden the daily distances for the event in a training environment.

Cycling on public roads has its risks but, those risks are greatly reduced the more prepared and the more experienced you become.

Training for the event

On average, most people who ride a bike for fun probably cycle around 100 to 200 K a week and this should be your minimum goal. People who ride often can clock up anywhere from 300 to 500+ k a week. As you build your weekly distances you should be looking to mix up the style and purpose of each of your rides and to give your body time to repair and recover. Your long rides can be at a reduced effort whereas your shorter rides should be at a higher level of intensity and include intervals or hill repeats and have you gasping for breath.

As a guide, my minimum training week if I was training for this event could look a little like this.

Monday:	Gym / Yoga / Swim / Walk
Tuesday:	40-60 K Flat to Undulating; Aerobic Zone; Slight Heavy Breathing but sustainable for the entire ride. Some efforts.
Wednesday:	Gym / Yoga / Swim / Walk
Thursday:	30-50 K Hill Day; Work on seated climbing maintaining smooth pedal strokes at a steady heart rate mid to high cadence. Some efforts.
Friday:	Rest Day
Saturday/Sunday:	One day should be approx 100 K at a steady aerobic zone One day should be approx 50 to 70 K at a steady aerobic zone. On the longer day try take on some longer climbs than those you would normally ride throughout the week as these will help your strength and endurance.

Subject to your fitness and available time and as you get closer to the event, try and increase these distances but note, the trick to improving your riding is consistency. It's about regularly getting off the couch and getting the work done week after week and not allowing a week to go by without doing something. It's incredible what you lose when your training is start stop start ... and the older you get the drop off that occurs when you don't train is even greater.

Life will get in the way and plans will need to be adjusted; don't stress but don't go easy on yourself either. Just make a commitment to get on your bike and to respect the cause and build your distances so you can ride the distances throughout the event at the agreed pace of the peloton you want to be riding in.

If you have any questions, or want a detailed training plan from one of our qualified coaches, please don't hesitate to contact me. Entoure will be managing the logistics for the ride and your support team are here to help but, we can only help if you have done the work; we can't ride your bike for you.

Helpful Videos

Global Cycling Network (GNC) have a massive range of really good cycling videos. Take a peek at a few below we think can help you.

How and when to change your gears

Click image to play video



How much does body weight affect your climbing

Click image to play video



How to ride in a group

Click image to play video



Spinning v Grinding; what is the best cadence when climbing

Click image to play video



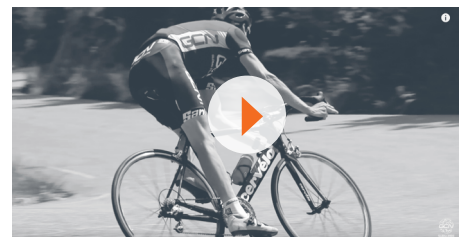
How to draft like a pro

Click image to play video



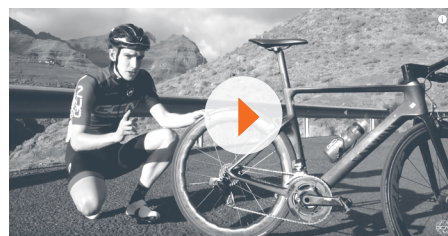
Cycle further, faster, safer

Click image to play video



7 ways to improve your average speed

Click image to play video



How to ride in the rain

Click image to play video

