



## **TRAINED CYCLIST OFFERS TOP TIPS FOR LONG DISTANCE CYCLING**

Clara Sandelind, 27, has been a member of Sheffield cycling club, Sheffrec, for three years and has cycled two Tour de France routes in aid of The Children's Hospital Charity.

In support of our Charity, Clara has provided her top tips on conquering a long distance cycle.

"Consistency is key," she said, "try to get out on at least one long ride every week, so fifty miles at a comfortable effort, and then a couple of short ones as well. Shorter rides can be substituted for a spin class, so long as you do something on a regular basis so you build up your fitness and stamina."

Clara believes that it's important to increase your distance or speed a little every week, but not to try and increase speed and distance at the same time, "this way, your body will steadily adapt to longer distances at a faster pace."

Interval training is another concept that Clara recommends, especially if cyclists are time constrained. "Do 4 minutes of really hard work when you are out of breath. Then recover for 2-3 minutes and do it again," she said, "and repeat 3-5 times. Whatever you do, try to be consistent."

Although Clara is a well-trained cyclist, she understands that life gets in the way of training sometimes and has provided an example workout that is short and intense, to fit in during busy days:

**Start with a 10 minute warm up**

**For 4 minutes, alternate from 20 seconds of full effort to 10 seconds at a steady pace.**

**Recover for five minutes at a steady pace.**

**For another 4 minutes, alternate from 20 seconds of full effort to 10 seconds at a steady pace.**

**Take 5 minutes to cool down.**

She said: "It's also a good idea to practice eating on your bike, as you'll most likely need to do this when you're taking on your long distance challenge. Put some energy bars in your pockets and snack on them on long rides. This will keep you going, rather than having to stop for a big meal and then trying to get back on the saddle."

Finally, she said that the most important thing is to enjoy it! "We are blessed with the Peak District on our doorstep and it is a beautiful place regardless of the weather... but speaking of weather – buy yourself a good rain jacket."