

Training Tips for the Tour des Trees

General Tips:

- If you have limited time for training, pool it and ride 50-65 miles twice a week rather than short rides every day.
- Begin some of your training rides in early morning. Ride occasionally on rainy days and in other less-than-optimum conditions so you'll be ready for anything.
- Participate in weekend group rides to become comfortable with other wheels just inches away. Group rides tend to be fast too -- good training.
- Train on the bike you will be riding on the Tour des Trees. If you are concerned about bike fit and your riding position, get advice from a cycling coach, bike shop professional or knowledgeable rider well before the tour. Don't make position changes without adequate time to adapt.
- Ride back-to-back long rides of close to 80 miles as often as possible in the final six weeks, but stay within your weekly mileage goal. Riding long on consecutive days in training is the key to feeling good on tour.
- Get comfortable eating on long rides. About 250-300 calories per hour will help ensure all-day energy. Drink at least 20 ounces an hour (one water bottle) to stay hydrated.
- Be comfortable training 200-250 miles per week for the eight weeks before the tour. Get ready gradually.
- Don't forget speed. Training rides should include some rolling hills to sprint up, some escapes from farm dogs, and some fast tailwind stretches to help you turn a big gear. Making these surges, rather than always riding at a constant pace, will help raise your fitness and cruising speed.

Training Guidelines:

Three Months before the Tour des Trees

- 100-150 miles per week
- One day per week over 50 miles
- One 75-mile ride during the month
- One group ride each week

Two Months before the Tour des Trees

- 150-200 miles per week
- One or two days per week over 60 miles
- One 80-mile ride during the month
- One fast group ride each week

One Month before the Tour des Trees

- 200-250 miles per week
- Two days per week around 80 miles (back to back if possible)
- One fast group ride each week
- Have your bike serviced, install new tires

One Week before the Tour des Trees

- Ride enough to keep your legs fit but rested
- Get plenty of sleep
- Eat well and stay hydrated
- Pack your gear two days before you leave, then double-check your list
- Try to arrive at the start a day early so can be rested, not rushed

You're ready. Have a great tour!