

# Organise your own cycle - Training tips

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## Find time to train

If you try to incorporate training into your daily routine you are more likely to stick to your training plan.

### Tips

- Get up an hour earlier and cycle to work or cycle part of the way
- Cycle to the shops or to visit friends
- Involve friends with cycling at the weekend so that you are building it into your social life

## Beating the weather

Sometimes in the winter months it is easy to make excuses not to train.

### Tips

- Spin classes at the gym are an excellent way to build up cycling fitness.
- Static bikes at the gym can help with distance.
- Cross train - any aerobic exercise will help including swimming and dancing.
- Train with a friend to keep motivated.

## Long distance cycling

The amount of time you should put into training will depend on your own experience and fitness level. Most people will have to train for at least a couple of months before a long distance cycle ride to build up distance and consecutive days in the saddle.

### Tips

- Match your training to the terrain and elevation of the ride. Find hilly sections to practice

cycling uphill and managing the gear changes. Find off road sections if some of the ride is off road as this is very different to cycling on tarmac.

- Build up cycling time on consecutive days on the weekends nearer the ride.
- Carry with you the amount of kit you will carry on the ride. This will get you used to the extra weight.

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Alzheimer's Society National Dementia Helpline

England, Wales and Northern Ireland: 0300 222 11 22

9.00am-5.00pm Monday-Friday

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