



SUGGESTED TRAINING PROGRAMME for the 50km Kelly Cruise 2011

This 8 week programme has been designed for the beginner who has a basic level of fitness and wishes to cycle the 'Kelly Cruise' and enjoy it at his/her own pace. If this is your first venture into physical activity in some time then you should first consult with your GP. Once you are on the road remember a few simple things:

- 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.

8 Week Training Programme for the 'Kelly Cruise' commencing Saturday 2nd July 2011

The Kelly Cruise route for 2011 is a very scenic route taking in the Master McGrath Monument, Cappoquin, the river Blackwater and Villierstown. The good news is that this is an almost completely flat course with just a few undulations. Don't be afraid to train over hilly terrain as you get stuck into this programme!

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 (1 hour)	20k	Rest	15k (50 mins)	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

The Sean Kelly Tour Committee would like to thank Bobby Power of Dan Morrissey Carrick Wheelers and Tony Ryan of Treasury Holdings Carrick Wheelers Road Club for their contributions in the compilation of the Suggested Training Schedules.