

MTB TRAINING BEFORE COMMENCEMENT OF THE COURSE

- ✓ Try to cycle at least three times per week.
- ✓ Cycle on varied terrains including some hills at the weekend.
- ✓ Do longer rides at the weekend.
- ✓ Start out with a distance or time you are comfortable with. This might range from 30mins for someone who has not exercised for a while, to an hour or more for someone who has cycled before.
- ✓ Record the distance that you cover in your initial rides to see your Performance. (Strava app) recommended.
- ✓ Variety can be added including a gym/spin class, riding to work and changing your route.
- ✓ You can train at home if you have access to a home cycle trainer (turbo trainer). But we recommend completing the longer rides at the weekend.
- ✓ Begin slowly if you have not cycled for some time.
- ✓ Stretching & Cooling down is necessary after every Ride.

The following Exercises below you need to do after every ride.

- Quad Stretch
- Hamstring Stretch
- Calf Stretch
- Tricep Stretch
- Shoulder Stretch
- Butterfly Stretch
- Lower Back Stretch
- Downward Facing Dog
- Seated Forward Fold
- Figure Four
- Supine Spinal Twist
- Wide Leg Forward Fold
- Floor Scorpion
- 90/90 with Forward Fold

BASIC MOUNTAIN TERRAIN BIKE							
	DAY 1	DAY 2	DAY3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	1hr of flat Riding (8 - 12 km)	1hr gym (Leg workout) or spin class	1hr of flat Riding (12-15 Km)	Rest Day (Stretching exercises)	1hr of flat Riding (12 - 15km)	1½hrs on Up-hill Riding (08 – 12 km)	Rest Day (Stretching exercises)
Week 2	1hr of flat Riding (15 -18 km)	1½hr gym (Leg & core workout) or spin class	1½hr of flat Riding (18 -22 Km)	Rest Day (Stretching exercises)	1½hr of flat Riding (18 - 22 km)	1½hrs on Up-hill (12 – 15 km)	Rest Day (Stretching exercises)
ADVANCE MOUNTAIN TERRAIN BIKE							
	Day 1	DAY 2	DAY3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	1hr of Up-Hill riding (including 10mins pushing hard) (10 – 12 KM)	1hr gym (Leg workout) or spin class	1½hr of flat Riding 15-20 Km)	Rest Day (Stretching exercises)	1½hrs, (including 20mins pushing hard) (15 - 22 km)	2hrs on Up-hill (including 30mins pushing hard) (20 - 30 km)	Rest Day (Stretching exercises)
Week 2	1hr of Up-Hill riding (including 10mins pushing hard) (10 – 15 km)	1hr gym (Leg workout) or spin class	1½hr of flat Riding (18 -22 km)	Rest Day (Stretching exercises)	1½hrs, (inc 20mins pushing hard) (15 - 22 km)	2½hrs Up-Hill riding (including 20mins pushing hard) (25 – 37 km)	Rest Day (Stretching exercises)

DIET & NUTRITION

- ✓ **Carbohydrates** are the best source of food for your muscles – eat beans, rice, wholegrain, fruit and vegetables.
- ✓ Avoid alcohol and caffeine – they make you dehydrated.
- ✓ **Nibble** during long rides – for rides of more than two hours try to eat a little as you go to replenish your muscle glycogen. Try bananas, cereal bars or dried fruit.
- ✓ **Refuel** after long rides– eat or drink carbohydrate-rich food during the hour (ideally in the first 20 Minutes) following a long ride to experience the benefits.
- ✓ **Water** is needed to produce sweat and keep you cool.
- ✓ **Don't wait** until you are thirsty or your mouth is dry.
- ✓ Try to have two **water bottle** cages on your bike to reduce the need to stop as often.
- ✓ If you like using **energy drinks** limit their consumption to 1 liter for every 2 liters of water.
- ✓ Drink **little and often** – small amounts of water every 15 minutes. You should drink at least 1 liter of water per hour while walking.
- ✓ Eat foods containing **sodium** – this can help your body absorb the water it needs.

MTB Course – Things to Carry

- ✓ Towel
- ✓ Undergarments
- ✓ Personal Toiletries
- ✓ Sunscreen
- ✓ Cycling shorts (Gel Pads)
- ✓ Tights & Full sleeve quick dry T – shirts (3 Pair)
- ✓ Sports Shoes
- ✓ Fleece jacket (1)
- ✓ Puffer or Down Jacket (1) for winter
- ✓ Woolen cap (winter)
- ✓ Cycling Sunglasses
- ✓ Neck Cover
- ✓ Water Bottle
- ✓ Cycling Socks – 5 Pair (Long Type)
- ✓ Notepad and Pen
- ✓ Energy bars
- ✓ Back Pack
- ✓ T shirts & Pajamas (for wearing in room) (2 Pair)
- ✓ Slippers (for Room)

Equipment's provided by NIM

1. MTB
2. Cycling Shorts – 1 Pair
3. Helmet
4. Gloves
5. Knee & Elbow Guards
6. Sipper