

BOYUM IT WEEKEND BIKERS GUIDE

PLAN, PLAN + PLAN!



Wash your bike We'd say at least every Monday (after the previous weekend's riding). If roads were wet during a ride or you went riding on gravel, wash your bike directly after that ride. This also helps you to find any issues that might hinder your next ride.



Plan your routes for the weekend. Using tools such as Google Maps or Strava Route Builder. To plan your routes ensures you wake up and ready to ride with purpose (and direction).



Plan to ride earlier rather than later if you can. You feel more energized in the morning and you will still have most of the day available to you after your ride still.



Have a training partner

Not only is it safer to ride with someone else but sharing a riding experience is usually far more enjoyable than being alone. Also, when you know someone is waiting to meet up with you at the coffee shop, you are less likely to oversleep.



Have a good nutrition plan

for your rides, water, an electrolyte mix and bars/gels are the basics. Eat well and ensure you are properly hydrated the night before your ride too. Put your water bottles in the fridge the night before as well, as your body will ingest the colder fluid easier.



Also prepare your breakfast

the day before, there is nothing worse than waking up in the morning before a ride and realising you have run out of oats, or yoghurt, milk etc.



Go to bed early, so you are well rested, but also so that you can wake up earlier... As you won't be stressing then until the last minutes before your ride if you need to prepare something still.



Check the weather forecast so you can plan to have the correct kit for your ride.



Ride regularly, the fitter you become the further/longer you can ride and so the more fun you will have.



Enter an event, it's always great to have a goal to work and train towards.



Follow a training plan or take advice from a coach, this gives structure to your training and will stop you from reaching a plateau in your fitness.



Wear a helmet, respect the rules of the road and be safe by ensuring you are visible to motorists.



Shave your legs, if you look fast you will feel fast and so you will probably also go a bit faster then.



It's always a good idea to stop for **coffee!**

