

Cycle 300 Miles Challenge Training guide



Make sure your bike is fit for the road

Check your brakes, gears and tyre pressure – your local bike shop will be able to help.

Ease your way in

Gradually build up your miles throughout the month. Why not find out what pace, distance and even time of day works for you before the challenge begins?

Pack the essentials

- Toolkit – inner tubes, pump, tyre levers, chain links and a multi-tool
- Lights and high-visibility clothing for evening rides
- A helmet to wear for each of your cycles to make sure you're staying safe
- Water and healthy snacks
- GPS device or another reliable way of navigating
- Weather-appropriate clothing



Prevent injuries

Warm up, stretch and cool down with every cycle. Include rest days in your training plan too.

Make a plan

Use your challenge calendar to plan where and when you'll be completing your 300 miles, whether that's one big cycle at the weekends or lots of shorter ones.

Team up

Cycling in a group will inspire you to push harder and go further than you might otherwise do on your own. Whether you cover the miles together or individually, encourage others to join in the challenge too!

Fuel those miles

You'll likely be burning more calories than usual. Make sure you've got enough fuel to clock up those miles by eating a healthy and nutritious diet. For more information, visit cruk.org/diet

Keep hydrated

Make sure you drink enough water before and after your cycles.

Track every mile

Show off your progress to your supporters by tracking every mile with a tracking app. We recommend Strava as you can link your miles to your online Giving Page.

