

PEDAL TO RESETTLE



2019



RIDE FOR REFUGEES

Training Resources

world relief® 

SACRAMENTO

GETTING READY

PTR is designed for casual cyclists who are willing to put in some training hours. It's a tour, not a race, so you'll be riding in small groups for most of the ride. Half the fun will be getting to know each other over breakfast in the morning, encouraging each other up the hills, and stretching sore muscles at night.

Safety and maintenance

Bike safety is more than just wearing a helmet! Learn how to ride safely in a group and become comfortable with a paceline. There's a lot of good information on [YouTube](#) or [CBC](#). REI often has [classes](#) for bike maintenance and safety basics. We also recommend the following books:

- ❖ Endurance Nutrition: Hammer's Guide to Success
- ❖ The Bicycling Big Book of Cycling for Beginners by Tori Bortman

Training Plan

There are lots of fun ways to train!

- Join the PTR [Strava](#) club: this will be a hub for planning PTR group rides, and Strava is an excellent free app for tracking your rides and mileage over time
- Connect with fellow riders in the PTR [Facebook](#) group;
- For those with a stationary indoor trainers and not enough time to get outdoors for training rides during the week, we plan to offer meetups in the virtual cycling/running app [Zwift](#) on weekday mornings closer to the event. More information on this to follow!
- The [Global Cycling Network \(GCN\)](#) is a channel on YouTube and they have videos on every subject related to cycling you could imagine, including maintenance, safety, nutrition, and training. Some helpful examples:
 - [How to Prepare for a Multi Stage Cycling Event](#)
 - [How to Ride 100 Miles on Your Bike When You Haven't Done the Training](#)
- Plan a group ride yourself and reach out to other PTR cyclists via Strava or Facebook

General Training Recommendations

- Start with a training level that matches your current fitness—this will vary quite a bit between different people. The more training you need, the more important it is to start training consistently early.
- Overall miles should increase about 10% per week. Try to be consistent in getting at least two rides in per week.

- Hill training 1-2 times per week, preferably on a real bike, and outside - this will help you learn how to climb more efficiently.
- Endurance rides once a week (25-50 miles), followed by a rest day. As you get more fit, doing a longer ride two days in a row is good, if possible.
- Learn to keep your body hydrated and fueled during training - take water or sports drinks and food along during rides.
- Rest days are important—the workouts stimulate adaptations in your body, but these take place during rest periods. Take a rest after a hard workout during the week. For example, if you can do two rides over the weekend, Monday should be a rest day. Having two hard days in a row is effective, but do not do more than that.
- It's a good idea to train in a group and to learn how to ride in a paceline. The amount of effort it takes to ride in a paceline versus alone is dramatically different. It can mean the difference between finishing each day of the tour comfortably or struggling mile after mile.
- Have the right tires - no knobby mountain bike tires!

Example Training Plan

Week of May 6: Make sure your bike is in working order - ride it around the block to find out. If it needs it, get your bike tuned up.

Week of May 13: Do short, easy rides 2-3 days this week - like riding your bike to the store. Make sure your bike fits you properly.

Week of May 20: Ride 3 days this week, including one ride of at least 3-5 miles.

Week of May 27: Except for one rest day, ride every day during the week -- at least 2 miles. Ride a bit longer on the weekend - 5-10 miles.

Week of June 3: Easy 2-5 mile rides during the week, plus 10+ mile ride on the weekend.

Week of June 10: Easy 2-5 mile rides during the week, plus 20+ mile ride on the weekend.

Week of June 17: Easy 5-10 mile rides during the week, plus 20+ mile ride followed by 10+ mile ride on the weekend.

Week of June 24: Easy 5-10 mile rides during the week, plus 30+ mile ride followed by 10+ mile ride.

Week of July 1: Easy rides of 3-15 miles during the week, plus 30+ mile ride followed by 10+ mile ride.

Week of July 8: Easy rides of 3-15 miles during the week, plus back-to-back long rides on the weekend, one at least 35 miles, the other at least 25 miles.

Week of July 15: Easy rides of 3-15 miles during the week, plus back-to-back long rides on the weekend, both at least 35 miles.

Week of July 22: Two days of hill repeats, plus back-to-back long rides on the weekend, both at least 35 miles.

Week of July 29 : Easy rides of 3-15 miles during the week, plus back-to-back long rides on the weekend, both at least 45 miles.

Week of August 5: Easy rides of 3-15 miles during the week, plus back-to-back long rides on the weekend, both at least 50 miles.

Week of August 12: Two days of hill repeats, plus back-to-back long rides, both at least 50 miles.

Week of August 19: Two days of hill repeats, plus back-to-back long rides, one at least 50 miles, the other at least 60 miles.

Week of September 26: Short rides of 3-15 miles at moderate pace, including one with hills. Two back-to-back long rides, including long hilly ride with >3,000 feet of total elevation gain, plus long ride at least 60 miles, followed by a rest day.

Week of September 2: Two days of hill repeats, plus back-to-back long rides including one ride at least 80 miles and one ride at least 50 miles, followed by a rest day. Easy rides of 3-15 miles or other workouts in between.

Week of September 9: Taper week. 2 short, intense workouts; 1 ride of 1-2 hours.

Week of September 16: Rest Monday through Wednesday; begin Pedal to Resettle on Friday!

Day-of-Ride Information

Come prepared with your bags packed and dressed to ride with your PTR jersey! More specifics will be shared in August.

Packing list

Each rider will be allowed one small bag (think airline "personal item" size), which will be in the support vehicle during the day and one overnight bag ("carry-on" size) which will meet cyclists at the overnight stop. If there's anything you might want during the ride (water bottle, extra snack, sunscreen, phone, patch kit, etc.), make sure that you can attach it to your bike!

Much of the ride is warm and exposed, but there is always the possibility for rain, so be sure you're prepared for inclement weather.

ESSENTIALS

- Road bike (Clipless pedals recommended)
- Helmet
- Water bottle or hydration pack
- Rear and front bike lights
- Sunglasses
- Sunscreen
- Sleeping bag
- Sleeping pad/mat
- Toiletries, including needed medications
- Clothes for off-bike time and sleeping
- Towel
- Spare tube, levers, mini pump, and patch kit (we will have flat tire repair gear in the van, but if you have them and know how to use them, you can take them on your bike for speedier repair).
- ID and health insurance card

HIGHLY RECOMMENDED

- Cell phone and additional battery
- Pain reliever
- Small travel pillow
- Bike shoes with "clipless" pedals
- Smartwool or lightweight socks
- 2-3 jerseys (one official PTR jersey will be provided)
- 2 pair of padded bike shorts
- Bike tights or arm/leg warmers
- Rain coat
- Gloves
- Saddle bag or handlebar bag

OPTIONAL

- Swimwear
- Chamois Cream
- Earplugs

It is *strongly* recommended that you collect and become familiar with these items throughout spring training. You will want to make sure you know your gear well before our 180+ mile adventure!

ACKNOWLEDGMENTS

Special thanks are due to the World Relief Seattle office and the SEA TRI KAN (STK) planning team. STK is a similar multi-day ride across Washington State and served as an inspiration for PTR. The STK team has graciously shared their experiences and resources with us as we've planned PTR. We couldn't have done it without them!