



Training and Preparation Programme



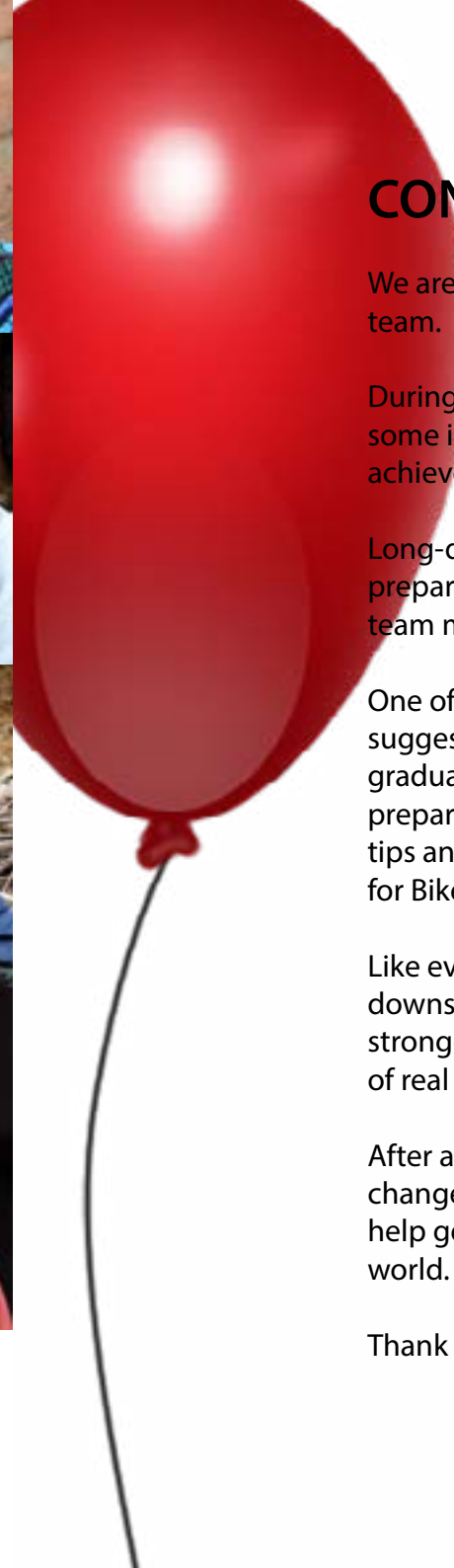
Photo by Bible Society

I can do all things through him who strengthens me
Philippians 4.13 (ESV)



Photos by Bible Society

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All Bible Verses taken from the English Standard Version (ESV)
Register charity 232759



CONGRATULATIONS!

We are so pleased to have you on the Bike for Bibles team.

During the ride, you'll have the opportunity to meet some incredible people, see some beautiful places and achieve the odd cycling milestone.

Long-distance cycling requires some serious preparation, both for your own safety and that of your team mates.

One of the goals of this book is to give you suggestions for monitoring your training, so you can gradually build up stamina on the saddle and be as prepared as possible on the day. We hope you find the tips and exercise suggestions helpful as you get ready for Bike for Bibles.

Like every challenge this one will be full of ups and downs, but our hope is that we all come out of it stronger, with a closer relationship to God and a sense of real achievement.

After all, we are riding because we believe the Bible changes lives, for good. The money you raise can help get the Bible to people longing for it, all over the world.

Thank you!

Your miles counted, their lives changed

There are millions of people all over the world desperate for the Bible and living without it. People often living in war zones, in isolation, in poverty, in prison, and even with illiteracy.

They are eager to read the comforting words of God for themselves, in their own language, and to share it with their families. Together, we can get the Bible to people who long for it, teach adults and children to read it, use it to help heal those who have lived through trauma and so much more...

Every £5 you raise will enable us to translate, print and deliver the Bible to someone living without it

Mathai's story

When 46-year-old Mathai found out he was next in line to be beheaded by a local ISIS gang who were on the rampage against Christian men in his Syrian home town, he knew he had to flee.

He made sure his wife and three children were safe, and then set off on a long and perilous journey across the border to Lebanon, Turkey and by boat to Greece. From there he trekked through Macedonia, Serbia, Croatia and Hungary before finally arriving in Austria.

'Sometimes I was afraid,' Mathai recalls. 'But mostly just so tired, so tired, so exhausted.'

It was in Austria that Mathai found help from Christian brothers and sisters, who gave him a safe place to stay and helped him lodge an asylum application.

What's more, our Bible Society gave him what is now his prize possession – a large-print Arabic Bible.

'This Bible tells me I'm not alone, it reminds me that every human is loved by God and has a value,' Mathai says. 'Whenever I think of my wife and children I'm very afraid, but when I turn to the Bible I see light.'

You can bring God's light to more people like Mathai.



Fundraising ideas

Every cyclist taking part in Bike for Bibles is asked to raise **£10 for every mile ridden**. £1000 will provide 200 Bibles to people like Mathai all over the world.

Raising £10 per mile might seem like a lot but once you get started, it can be surprisingly easy.

- » Family and friends will want to support you, whether that's a one-off donation or a certain amount per mile. Every little helps, so keep telling people about your challenge.
- » Use social media to share updates on your training progress, as well as how you're feeling about the ride. Keep your community in the loop, so they feel part of the process too.
- » Organise a Bike for Bibles service at your church and make the whole congregation aware of what you're doing – give them details on how to support you and how they can give. (If public speaking isn't your thing, just let us know and we'll send someone along to do the talking for you.)

Email: fundraisefor@biblesociety.org.uk or call: 01793 418222 to book a speaker

- » Ask work colleagues to guess how long it will take you to complete the ride? Charge a £1 entry and get the winner a small gift at the end.
- » Use the sponsor sheet at the back of this booklet to collect sponsors and keep a note of who has promised to donate.

Remember, it costs just £5 to translate, print and distribute the Bible!



Photo by Bible Society

Principles of training

This section is designed to offer hints and tips to consider while you're training for Bike for Bibles, as well as important things to remember on the day.

We hope you find it a useful tool, as you prepare, but for those very experienced riders, you may have your own training schedules and preparation techniques.

However you choose to train, our prayers are with you.

Comfort

- » Check your bike fit (maybe get a specialist osteopath to help with this)
- » Once you're happy with this, think about your cycling posture. Core muscles need to be strong and have as much stamina and endurance as your leg muscles – Pilates and Yoga can be helpful.
- » Make sure you have tried and tested every item of your kit on shorter rides and invest in a pot of chamois cream...for the chafe
- » Make sure your tyres are pumped up to the correct pressure before each ride
- » Adjust your position on the bike. Try to get out of the saddle every 15-20 pedal strokes

Nutrition

- » Drink plenty of water
- » Try to eat a balanced diet and don't overlook the possibility of a vitamin supplement
- » Try all of your foods and energy drinks on shorter rides, before the event. No one wants to ride 50 or 100 miles on an upset stomach
- » Post-ride, consume some protein within 30 minutes of stopping exercising; that's the golden window for your body to fast-track muscle repair, so doing this will aid your recovery
- » Start eating within the first 30 minutes of a big ride and keep eating every 15-20 minutes until you finish. You should be aiming for approximately 60 grams of carbohydrate an hour
- » Start with bars, small sandwiches, bananas or dried fruit and leave your gels and sweets until nearer the end of the ride. Caffeinated gels can really perk you up in the last couple of hours so have a couple in reserve

NOTE: Overeating can be as detrimental as undereating, so keep an eye on the grams of carbs you're eating and try not to go all in at the food stops

Endurance

- » It sounds obvious, but always warm up.
- » Try to do one long ride per week and two to three shorter ones. Consistency is key!
- » If this is your first 100-mile ride, it is much more manageable than you think. Start by building up your longest ride by no more than 10 per cent per week until you reach around 60-80 miles. You don't need to go beyond 80 miles in training. When you're comfortable covering this distance, 100 miles is well within your reach.
- » Include one HIIT session and another with long intervals at a moderate intensity. This combination will help you build up endurance, as well as getting your body used to being in position for longer stretches.
- » Find a long climb and consistently ride it. This will help build up your stamina and help you see real results while you train.
- » As with any training plan, please make sure you have your doctor's permission before starting, especially if you have not done any exercise for a while. Consult your doctor if you develop any nagging pain in your knees, back etc.

See page 15 for timetabled training plan.



Psychology

- » Long rides will take you through highs and lows. Mental preparation is just as important as the physical.
- » Visualisation can help in your mental preparation and it is worth carefully thinking through the ride in advance.
- » Consider how you will cope when your legs start to ache. What's your strategy if you end up going slower, or faster than you expected? What techniques will you use to remind yourself to eat and drink? Do you have a target finishing time and how important is it to you?
- » Training with a friend can be beneficial for both of you. Especially if they are going to do Bike for Bibles too – you can help pace each other and offer moral support.
- » Try to repeat this: You do not PUSH a bike, you PEDAL it. Your feet do not go up and down, but around and around. You will relax and enjoy your ride more if you learn the art of spinning instead of pushing.
- » Pray: Get God in on this. He can do anything, so a 50 or 100-mile bike ride should be a piece of cake with his help.

And remember: 'I can do all things through him who strengthens me'
Philippians 4.13 (ESV)

Pace

- » Learning to pace yourself is make or break. Start out too fast and you may blow up before the finish! Take it too easy and while you will definitely finish, it may not be as fast as you are capable of.
- » There are three main reliable methods that are least affected by other variables – power, heart rate and 'feel'. Speed is not a suitable measure as it can be influenced too much by terrain and weather conditions.
- » Whatever method you use, make sure you have done some long rides at a long-ride pace, so you get used to the sensation of it. On the day, you may get swept up in the excitement and start out harder than you should. Use your experience of the 'feel' of previous rides and settle into a sustainable pace early on, to ensure you finish strong.
- » If you are using 'feel' the easiest way to monitor it is to talk. If you can talk in short sentences (between chatty conversation and one-word responses) you will be riding at a pace you can sustain to the end.

Basics of riding in a group

Variation of pace

Your job is to look after the rider behind you. If they are weaker than you and you speed up quickly to bridge a gap, they will lose the wind shelter you provide. Anyone stronger than you may try to fill the same gap quickly and you could collide. Gradual increases and decreases in pace are the way forward – both for comfort and safety.

Distance between riders

This varies according to conditions. Generally speaking, start out slowly in the morning; leaving one full bike length between riders is safer.

Once you are into a rhythm, you can close this gap to be around half a bike length apart. On rough roads, in wet weather, around roadworks or going downhill, four to five bike lengths will give you space to go from side to side to pick the best path and be able to brake hard without endangering other riders.

Just remember that if you are near the front and you have to brake suddenly, the effect of this is magnified as it travels backwards through the group.

Always check that there is no overlap of your back tyre and give warning before/during your manoeuvre, e.g. 'Passing on your left.'

Use of brakes

If you get the first two points right, this will not be a problem. With a controlled pace and adequate gap between riders, only gentle braking should be necessary.

If you find yourself in a situation where you need to brake suddenly, try to move outside the rider in front (without swerving into the middle of the road), as this will allow the rider behind you to move into your position while braking a little easier.

When riding in wet weather, it is good practice to use your brakes gently now and again to drain off the excess water. However, do not do this while another rider is behind you. Pull out on one side, brake, then regain your position.

Checking other riders before changing course

If you decide to pull out, make sure you look under your arm to be sure that the rider behind you is not overlapping your back tyre before you pull out.

If you wish to pass someone, pass only on the left-hand side of the rider. Always check that there is no overlap of your back tyre and give warning before/during your manoeuvre, e.g. 'Passing on your left.'

General information

Punctures

When you mend a puncture, rub some talcum powder over the patched area. This will prevent the tube from sticking to the inside of the tyre.

Chafing

Many cyclists don't wear underwear under their shorts as this often causes chafing. If you have chafing problems, try applying chamois cream to the affected areas before each ride. To harden the skin and prevent future saddle sores, use surgical spirit every day for two weeks. The skin will harden and you will enjoy cycling much more.

Water

By the time you feel thirsty, you are already partly dehydrated. A good way to ensure you get enough water during your ride is to take a drink every 10 minutes, whether you feel thirsty or not. You could set an interval reminder on your watch, phone or bike computer. At each roadside stop, drink water and refill your bottles.

Breathing

Remember to breathe!

Try not to hold your breath as you concentrate on all other elements of the ride. To increase oxygen levels in the bloodstream, practise the art of deep systematic breathing (again, Yoga and Pilates will help with this!) This will reduce problems of weariness and discomfort over long journeys.



Let's do this!

**Relax, enjoy each other's company and
praise the Lord as we Bike for Bibles.**

Start building up your endurance and stamina by doing weekly riding exercises. Use the charts below to help you map out your training:

Date	Week	Longest weekly ride	Other weekly ride	Total Distance

Date	Week	Longest weekly ride	Other weekly ride	Total Distance

TRAINING NOTES:



I am raising money for the work of Bible Society by riding miles for Bike for Bibles.
Please consider supporting me in this challenge.

Together we can change lives around the world with the word of God.

Cyclist name:

Address:

Postcode:

Full Name	Home Address	Postcode	Donation Amount	Date paid	Gift Aid
Total:					

If I have ticked the box headed 'Gift Aid', I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity named above to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax/or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Thank you for joining us in
changing lives, for good



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