Clonard Road Club in celebrating its 5th Year is happy to announce we are adapting the An Post Tour of Meath as an event the Club will adapt for this year.

The An Post Tour is on July 26th and we have training programmes available for all 3 Distances, 50 KM, 100KM , and for those insane enough 160km

For all events the fee for Club members is €10 which will be collected by the club in the near future. (saving of 26 euro on normal registration fee),

**Training:**

**50 KM Tour**

Types of route: Use flat or undulating roads, with small gears to begin with, small ring at front, middle at the back.

Begin with Short laps that are close to home. Increase your number of laps as you get fitter

It is important to learn how to cycle with a group, and to get shelter within a group.

All spins to be done at a moderate pace, you should be able to talk with the other riders in the group

As your fitness grows progress on to Hilly roads.

**100 KM Tour**

Types of route: 1 or 2 sessions per week should be on hilly roads

Most spins to be done in Zones 2 and 3

For weeks 6, 7 and 8 get into Zone 4 which is 80 – 89% of your max heart rate. 10 – 15 Minutes big effort followed by rest pace , zone 1 – 2 .

**160 KM Tour**

Most long spins to be in zone 2 / 3.

Weeks 8 to 11 Use Hilly routes mid week and put in extra effort to get to zone 4 for 2 – 3 minutes

**Heart Rates – Your max heart rate is approximately 220 – Your age**

**Age Max Zone 3**

**< 20 Years 200 Bpm 120 – 160**

**<30 Years 190 Bpm 115 – 150**

**<40 Years 180 Bpm 110 – 145**

**<50 Years 170 Bpm 102 – 136**

**<60 Years 160 Bpm 96 – 128**

**<70 Years 150 Bpm 90 – 120**

**Sportive Day:**

* Ride at a comfortable speed
* Cycle in groups of your ability
* Do not go off too fast, as lots of riders do and you will catch up with them later
* Eat and Drink every 20 Minutes. Aim to drink One 750 Ml Bottle every Hour + Energy Bar or Gel. Use Energy Source Carbo Drink if it is warm use “Zero” to replenish your salts.

**NOTE:**

Programmes are only guidelines and may not work for everyone.

Everyone has different ability and time constraints etc.

If you feel you can do more or less that is up to you

Most importantly, enjoy!