



# LONDON TO BRIGHTON CYCLE RIDE 2021

**Support your charity by taking part in the UK's LARGEST multi-charity London to Brighton Cycle Ride!**

Dear Cyclist!

Congratulations on signing up for the London to Brighton Cycle Ride on Sunday 19th September 2021!

You will be taking on the challenge of cycling 55 miles from Clapham Common in South London, travelling through Mitcham, Carshalton, Chipstead, Banstead, Haywards Heath and finally to Brighton having completed your incredible journey!

We are pleased to confirm your place and enclose some training and fundraising information that we urge you to read.

**Are you completing the ride for charity?** Why not get a head start and begin your fundraising now? Simply set up an online fundraising page via [JustGiving](#) or any other online fundraising page.

**If you're not completing the ride for charity**—we're looking forward to you joining us! You've paid your registration fee and now you just need to focus on training for the big day!

Once again, thank you for reserving your place and supporting your charity. Please head over to the Participant Area where you will find all the exciting, up to date event information.

Yours sincerely,  
The London to Brighton Cycle Ride Team



# TRAINING

So, you have signed up for a 55 mile cycle ride and here lies the question, how much training do you need to do? There is no set answer to this question. We are however on hand to provide you with the information you need to make this challenge as rewarding as possible.

It is perfectly achievable for the average person to complete this distance and hundreds of thousands of people do take part in organised cycling events each year. As with all sporting challenges it is highly advisable that you undertake some training for the event, not only will this reduce the risk of injury but also maximise your enjoyment.

Below you will find a suggested 16 week training plan for a beginner who is due to undertake this sort of cycle ride. Now it is imperative to realise that not everybody is the same and some of you will find this a lot tougher than others. For this reason you should appreciate that you don't have to follow this plan to the letter, in fact we wouldn't want you to but please use it as a guide.

It is important to remember the more training you do, the better you will feel on the day! But hey, don't forget the all-important rest days! Without rest days you won't allow your body the necessary recovery time to adapt to your new training schedule and it may leave you more susceptible to injury.



# TRAINING SCHEDULE

## 16 week training guide for beginners/social cyclists

### Week 1

Mon to Fri: 2 x 15 - 20 mins  
Sat or Sun: 1 hour

### Week 2&3

Mon or Tues: 20 - 25 mins  
Thurs or Fri: 20 - 25 mins  
Sat or Sun: 1 ½ hrs

### Week 4, 5, 6 & 7

Mon to Fri: 3 x 30 - 40 mins (8-10 miles)  
Sat or Sun: 2 hrs (25 - 30 miles)

### Week 8

Tuesday: 10-15 miles  
Thursday: 10-15 miles  
Friday: 5 miles  
Saturday: 30-40 miles

### Week 9 & 10

Mon or Tues: 10+ miles  
Thurs or Fri: 10+ miles  
Sat or Sun: 20 - 25 miles

### Week 11

Monday: 8-10 miles  
Tuesday: 10-15 miles  
Thursday: 10-15 miles  
Sunday: 45 miles

### Week 12, 13 & 14

Monday: 10 miles easy cycling  
Tuesday: 15 - 20 miles  
Thursday: 15 - 20 miles  
Sunday: 45 miles

### Week 15

Tuesday: 20-25 miles  
Thursday: 20-25 miles  
Sunday: 45 miles

### THE WEEK BEFORE YOU GO!

Monday: 10 miles  
Tuesday: 5 miles  
Wednesday: 10 miles  
Thursday: 5 miles  
Friday: Rest



# FUNDRAISING AND SELF-FUNDING

Are you raising for charity? If so, now that you have had your place confirmed on the London to Brighton Bike Ride, you just need to think about how you will raise the £150 minimum sponsorship. Hopefully you won't find this too difficult, but here's a few of our top tips to help your fundraising get underway!

## **Matched Giving**

Does your workplace offer matched giving? It's worth finding out as many companies will match fundraising totals – some on a pound-for-pound basis.

## **Tin Shaking**

Persuade your mates to go tin shaking at your local supermarket or train station – please ensure you have the relevant permissions though as some places will require a council license. Speak to your charity for more information and equipment.

## **Sponsor Forms**

Always have one handy – and a pen! You never know who you will bump into on your lunch break, and your charity should be able to provide you with plenty of forms.

## **Party**

Hold a dinner or BBQ and invite friends and family for an opportunity to collect and maximise donations.

## **Online Sponsorship**

You can set up a page via any of the online providers – JustGiving and Virgin Money Giving amongst others – and use this (and share via social media!) to raise money.

## **Local Schools**

Ask if they will hold a non-uniform day in aid of your charity, or get the kids to do a sponsored walk or swim.

## **SELF FUNDING**

If you are self-funding your place then please do not worry about the above information.

Now you have now secured your place on the bike ride, you may want to consider bike and coach transport/ purchasing one of our cycling jerseys. These are available to book online soon via your [participant area](#).