

24hrs | London to Paris | 10-11 June 2022 | 10th Edition

DUCHENNE DASH



Duchenne
UK



TRAINING GUIDE

THANKS TO OUR GENEROUS SPONSORS



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1. Introduction

Committing to cycling 300KM in 24hrs is a pretty epic challenge. We want to ensure that you enjoy and get the most out of your Duchenne Dash experience as possible. The best way for this is for you to be as prepared as you can be, in terms of training, kit and equipment. So, the training starts now!

This guide is written for first timers and intermediates, however more experienced Dashers who are short of time will still benefit from following these guidelines. Preparation is key. Whilst you might not have time to complete all the rides, we do strongly encourage you to give it a go and try to complete as many as possible. Completing even **half** of these rides will put you in a far stronger position to cycle confidently to Paris.

2. Top tips for being prepared

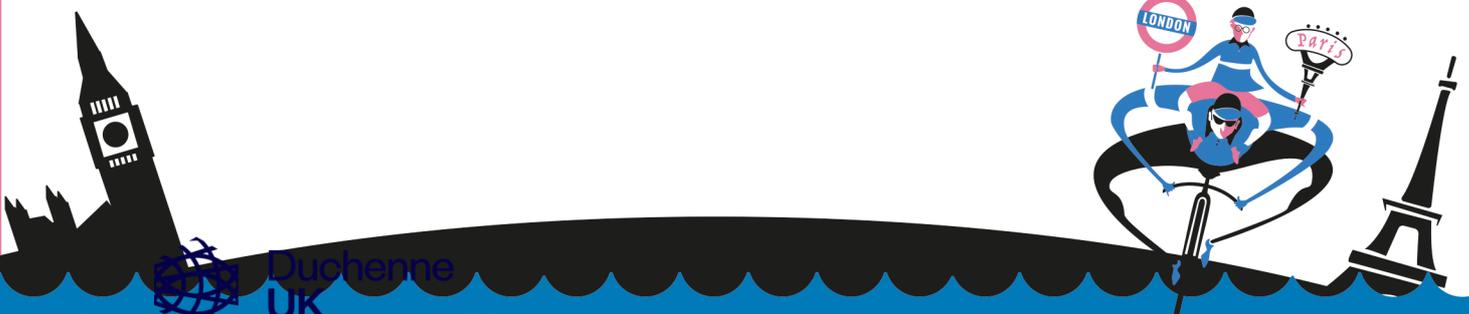
Our advice is to take your training as seriously as possible, incorporating as many of your 'Dash-Day' regimes and routines as you can:

- **Buy new kit early and train in it.** New kit can be uncomfortable and not perform as you were hoping/expecting (this includes, bikes, clothing and accessories)
- **Trial any energy products** you plan on using on the Dash, to avoid any adverse reactions on Dash-Day itself
- It may sound easy... but it is harder than it looks... **practice eating and drinking on your bike whilst moving/pedaling.** Ensure you have access to easy to consume and digest snacks, which provide a good source of energy, e.g.: flapjacks, energy bars, jelly babies, bananas (just to name a few). Avoid products which are hard to access, hard to chew, or might cause you to choke

3. Bike maintenance

It is strongly recommended that your bike is in tip-top condition for your training and of course for the Dash itself. Give it a good wash if it hasn't had one in a while; treat it to a thorough service at **Pearson**, to ensure that everything is running sweetly.

<https://www.pearson1860.com/pages/london-bike-workshop>



Longstanding Dash Sponsors, **Pearson** is offering special discount bike packages to all Dashers:

- 10% discount on all clothing, parts and accessories
- £70 reduction for a three-hour Precision Bike Fitting session (from £275 to £205). Book online at <https://www.pearson1860.com/pages/precision-bike-fitting-london>

Particular areas to pay attention to are:

- **Tyres:** Check that they are free from cuts and have a sufficient amount of tread. If you have been having more punctures than usual recently it's a sign that your tyres need changing (no TUB tyres please)
- **Brake blocks:** Check that the pads have plenty of life in them and replace if necessary
- **Gearing:** Ensuring you have the correct gear ratios on the bike makes a big difference to your enjoyment of the event. Compact chainsets are becoming standard issue in sportive circles now, offering a lower range of gears for tackling the hills. 50-34 chain rings combined with 11-28 or 11-34 cassette is a popular setup that would suffice for the moderate undulation of the route to Paris.

Remember: This ride is **NOT** a race, as such, super lightweight race tyres are not recommended. You are strongly advised you use tyres with some puncture protection such as Schwalbe Durano plus or Continental Gator Skins, which will help reduce or eliminate the number of punctures and enhance your ride experience.

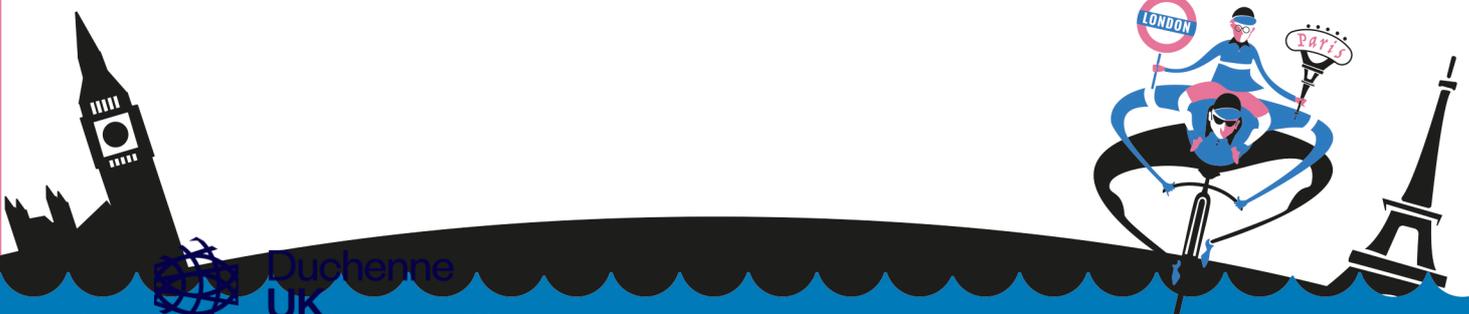
4. Paced cycling groups for the Dash

To ensure the Dash is well-paced, safe and enjoyable, there will be four paced speed groups each cycling at differing speeds for slightly varying abilities. These will be led by our wonderful team of experienced Ride Captains.

You will be required to select your preferred group in the spring and this should be based on your pace and ability over 300KM, so it is vital your training is well underway by this point.

Please be advised that due to health and safety regulations, there will be no movement between groups on the ride. If you are cycling as part of team and wish to cycle together this will be possible, but you'll all need to be comfortable at the selected speed and agree this in advance.

There are huge benefits to cycling in a peloton, including the obvious advantages of slip-steaming and drafting. Riding in the middle of a well-developed group can allow for a significant reduction in drag (10-15%) which will allow cyclists to conserve energy and spend more time on the track.



Remember: This ride is **NOT** a race. Safety is our number one priority. We will all arrive in Paris at the same time.

The speeds for each of the four groups will be as follows:

- **Strong and steady riders:** average 17mph/27kph
- **Confident riders:** average 16mph/25kph
- **Determined riders:** average 15mph/23kph
- **Tenacious riders:** average 14mph/22kph

Should you have any questions or queries about training or paced cycling groups please do not hesitate to Emily: Emily.waring@duchenneuk.org

5. Duchenne Dash Strava Club

To further compliment your training, we have created a Dash Strava club: <https://www.strava.com/clubs/975549>. We strongly recommend that everyone joins this group and uses it throughout their training. We will share training advice, information about our training sessions and also hope it will help you to stay motivated and dedicated to your training.

6. Training Programme

Your key aims:

- Aim to build a good fitness base
- Push yourself to ride as much as possible
- Build up your time in the saddle
- Ride the whole programme and you will make it from London to Paris and back again!
- Ride safe and enjoy the distance

February - Ride very steadily (easy on hills)

- **Monday to Friday:** 2 rides, day or evening, minimum of 1 hour, or 3 commutes (which should cause some shortness of breath!)
- **Weekend 1:** ride 50km minimum
- **Weekend 2:** ride 60km minimum
- **Weekend 3:** ride 60km minimum
- **Weekend 4:** ride 70km minimum



March - Ride very steadily (easy on hills)

- **Monday to Friday:** 2 rides, day or evening, minimum of 1 hour, or 3 commutes (which should cause some shortness of breath!)
- **Weekend 1:** ride 50km minimum
- **Weekend 2:** ride 60km minimum
- **Weekend 3:** ride 60km minimum (**Saturday 19th March: Dash Skills Session 1.** See below on how to get involved)
- **Weekend 4:** ride 70km minimum

April

- **Monday to Friday:** 2 rides, day or evening, minimum of 1.5 hours, or 4 commutes (which should cause some shortness of breath!)
- **Weekend 1:** ride 70km minimum
- **Weekend 2:** ride 80km minimum
- **Weekend 3:** ride 70km minimum (don't eat too much Easter chocolate!)
- **Weekend 4:** ride 80km minimum

May - Ride harder (push hard on hills, with harder intervals on the flat)

- **Monday to Friday:** 2 rides, day or evening, minimum 1.5 hours, or 4 commutes
- **Weekend 1:** ride 80km minimum
- **Weekend 2:** ride 90km minimum
- **Weekend 3:** ride 90km minimum
- **Weekend 4:** ride 100km minimum (**Saturday 21st May: Dash Skills Session 2.** See below on how to get involved)
- **Weekend 5:** ride 150km minimum (*this is the longest ride you will do throughout your training, so really try to find the time to commit to the distance. If you need an extra push, sign up to a local club ride or sportive*)

June

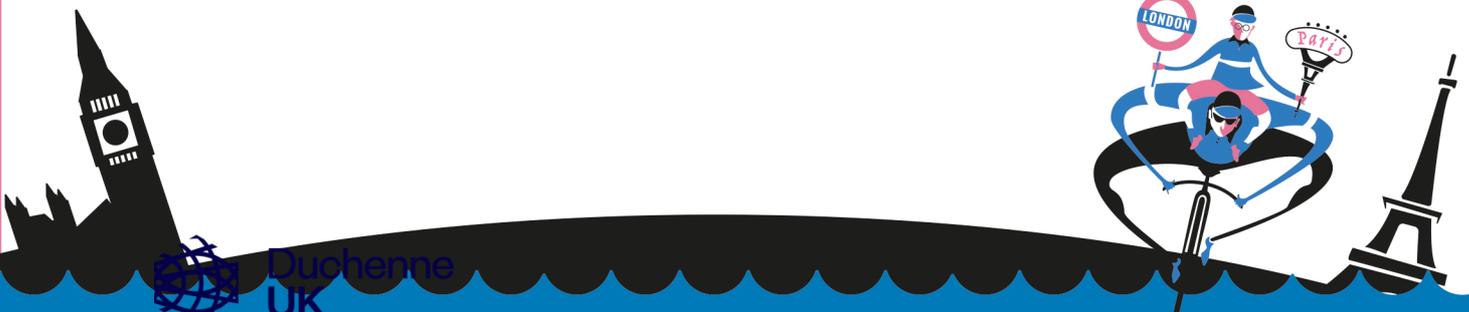
Reduce time in the saddle and intensity of effort in the lead up to the event to rest the body and build up energy reserves.

7. Will's Cycling Skills Sessions

The Duchenne Dash is an endurance cycling challenge and as such, we strongly recommend that all our cyclists undertake a suitable amount of training to ensure you can complete the rides safely and enjoyably.

New for 2022, our lead Ride Captain and cycling legend, Will Pearson is going to lead two **Cycling Skills Sessions**, to help you prepare for your challenge. The two-hour sessions will take place in Richmond Park, run by Will and our experienced Ride Captains. The aim is to build on your training and will take place on the following dates:

- Saturday 19th March
- Saturday 21st May



We will offer novice and advanced sessions on the day. These will cover the following areas to enhance your cycling skills, plus you'll also have the opportunity to speak to our Ride Captains and other experienced Dashers about what to expect for the event, training tips and kit recommendations.

Saturday 19th March: Session 1

Novice

- Basic gear use discipline
- Following and holding a wheel
- Climbing discipline
- Descending discipline
- Drinking from a bottle when riding
- Basic hand signals
- Group riding and positioning
- Cafe etiquette; coffee and cake consumption

Advanced

- Riding in close proximity to other riders
- Climbing like a pro
- Descend like a pro
- Corner like a pro
- Hand signals revisited
- Through and off (rotating lead place)
- Flying lap
- Advanced cafe etiquette; coffee and cake consumption

Saturday 21st May: Session 2

Novice

- Basics gear use discipline
- Following a wheel
- Climbing discipline
- Descending
- Drinking from a bottle when riding
- Basic hand signals
- Group riding
- Cafe etiquette; coffee and cake consumption

Advanced

- Riding as a 'domestique'
- Sprinting skills
- Riding faster on climbs
- Descend faster without pedalling
- Hand signals revisited
- Through and off (rotating lead place)
- Flying lap
- Advanced cafe etiquette; coffee and cake consumption

For any first-time Dashers, (and indeed any old-timers), especially those who have not undertaken a huge amount of cycling in the past we **strongly recommend** that you try to sign up to at least one of the skills sessions. They really are hugely valuable and will help make your Dash experience a positive one.

Meeting time: 08:30, to cycle as a group to Richmond Park

Meeting point: Pearson Cycles, 232 Upper Richmond Road West, East Sheen, London, SW14 8AG (<http://www.pearsoncycles.co.uk>)

How to book a place on one (or both) of Will's Cycling Skill Sessions:

Please email the team to book a place on any of the sessions; dash@duchenneuk.org

This training guide has been developed in conjunction with cycling supemeo and lead Ride Captain, Will Pearson: <https://www.pearson1860.com>

