

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.

Once again for 2024, 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 16th March
- Saturday 20th April

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 16th 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 20th April: 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 for 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



Pearson Steeplechase: Saturday 27th April 2024

Long term Dash sponsor Pearson is hosting their inaugural (and rescheduled) Steeplechase in April. The sportive has two ride options: a 100km road or a 60k gravel route across Surrey. Both rides leave in waves from 09:00 at the Hurtwood Polo Club.

This is the perfect opportunity to get a final long ride in before the Dash, so don't miss out!

Pearson have kindly reduced the cost of entry to £40 for any Dashers who wish to sign up. Use code DASH40 at the checkout: <https://www.pearson1860.com/pages/pearson-steeplechase>

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

