

24 Hours | London to Paris | 17-18 May | 2024

DUCHENNE DASH



Duchenne
UK

12th Edition

How to avoid common cycling injuries





The Duchenne Dash is an endurance challenge, so it is important to stay safe and well along the way. Dr Adam Hazell's private medical practice, The Tyburn, will be providing medical and healthcare support on this year's Dash and he has offered the following expert advice to help our cyclists avoid injuries during the ride.

There are several areas of focus when looking to avoid injuries in an endurance cycling event:

1. Bike fit

Make sure the bike is adjusted to the cyclist, often called a 'bike fit'. Duchenne Dash sponsor, Pearson will offer an excellent service which we consider a worthwhile investment.

Please note: 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 [here](#).

2. Muscle Maintenance

Working on all muscles involved in cycling is critical to keep your body mobile, robust, and balanced to handle the demands of endurance cycling.

3. Enhanced Focus on Gradual Training

- **Gradual Increment in Training Intensity:** For new cyclists, it's vital to start slow and increase the duration and intensity of rides gradually. A good rule of thumb is to increase your weekly training distance by no more than 10%. This gradual progression helps your body adapt without the risk of overuse injuries.
- **Listen to Your Body:** Pay attention to your body's signals. If you feel pain or excessive fatigue, it might be a sign to ease up. Rest days are as important as training days, allowing your body to recover and grow stronger.

4. Nutrition and Hydration Strategies for Endurance Cycling

Nutrition guidelines

- **Pre-Ride Meals:** Consume a meal rich in complex carbohydrates (like whole grains and fruits) 2-3 hours before riding. This provides sustained energy.
- **During the Ride:** Snack on energy bars and bananas, for fast release sugars to maintain energy levels.
- **Post-Ride Recovery:** Include a mix of carbohydrates and proteins in your meal within 30 minutes after the ride to aid in muscle recovery. Think lean meats, yogurt, and fruits.





Hydration Guidelines

- Before the Ride: Drink about 500ml of water 2 hours before starting, allowing time for hydration without discomfort.
- During the Ride: Aim to drink 250-500ml of water per hour, adjusting for weather conditions and sweat rate.
- Electrolyte Replacement: In longer rides, supplement water with electrolyte drinks to replenish salts lost through sweat.

5. Targeted Exercise for Injury Prevention

- **Core and Lower Body Strengthening:** Incorporate exercises like planks, squats, and lunges. These improve core strength and lower body resilience which are critical for cycling.
- **Flexibility and Balance:** Stretching exercises for the hamstrings, quadriceps, calves, and hip flexors are vital. Engaging in balance exercises like single-leg deadlifts and stability ball workouts enhance balance and stability. Including Pilates and Yoga in your training schedule can significantly benefit your cycling experience. Not only do these practices help in preventing injuries, but they also contribute to better posture, increased flexibility, and enhanced mental focus, all of which are vital for endurance events like the Duchenne Dash. In the digital age, there's a wealth of online resources available for cyclists looking to complement their training with Pilates and Yoga. Among the numerous options, [BeyondtheStudioPilates.co.uk](https://www.beyondthestudiopilates.co.uk) and [Yoga with Adriene](https://www.yogawithadriene.com) both have a cycling-specific 20-minute routine free on YouTube.

Try to combine these exercises into a daily 20-minute routine alongside your cycling training. Remember, consistency and routine are key to preventing injuries.

If anyone is having any specific musculoskeletal issues or would like further advice on any of the exercises or stretches that are mentioned above, please feel free to contact dr.hazell@thetyburn.com

