



Duchenne
UK



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 2026 Will Pearson, will lead two **Cycling Skills Sessions**, to help you prepare for your challenge. These two-hour sessions will take place in and around Richmond Park. The aim is to build on your training and will take place on the following dates:

- **Saturday 14th March**
- **Sunday 26th April**

We will offer novice and advanced groups 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 14th 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
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Advanced

- Riding in close proximity to other riders
- Climbing like a pro
- Descending like a pro
- Taking corners like a pro
- Hand signals revisited
- Through and off (rotating lead place)
- Flying lap

Sunday 26th 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

Advanced

- Riding as a 'domestique'
- Sprinting skills
- Riding faster on climbs
- Descending faster without pedaling
- Hand signals revisited
- Through and off (rotating lead place)
- Flying lap

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: Forge1860, 232 Upper Richmond Road West, East Sheen, London, SW14 8AG

www.forge1860.com

To book a place on one (or both) of Will's Cycling Skill Sessions, please sign up via the following link, and complete the disclaimer: <https://forms.gle/8PGcvCqgBmKT5Mpv5>



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