

# DUCHENNE DASH

24 HOURS LONDON - PARIS 8 - 9th MAY, 2026 14TH EDITION

## Training Guide 2026





## Contents

1. Introduction
2. Meet Will Pearson
3. It's all about the preparation
4. Bike maintenance
5. Paced cycling groups
6. Online support
7. Training Programme
8. Will's Cycling Skills Sessions

## 1. Introduction

**Taking on 300KM in 24 hours is no small feat — it's an extraordinary challenge.**

The **Duchenne Dash** is more than a ride; it's a shared journey from London to Paris, powered by purpose, camaraderie, and determination to end Duchenne muscular dystrophy.

To help you get the most out of your Dash experience, we've created this guide to take the guesswork out of preparation — from training and kit to nutrition and bike setup.

Whether you're a first-time Dasher or a returning rider looking to sharpen your edge, you'll find everything you need to train smart, ride strong, and arrive in Paris with a smile.

## 2. Meet Will Pearson and Forge1860

This guide and much of the Dash's cycling expertise has been developed in partnership with Will Pearson, our Lead Ride Captain and long-time Duchenne Dash supporter. Will is a former elite cyclist with decades of experience leading group rides and preparing riders of all levels for endurance events.

Will co-founded Forge1860, a boutique cycling destination in East Sheen that combines a Pearson bike showroom, café, bike fitting studio and workshop under one roof. Forge1860's mission is to deliver the complete cyclist experience, expert advice, precision servicing and community.

As a Duchenne Dash partner, Forge1860 offers all Dashers:

- **10% discount** on clothing, parts, and accessories
- **£70 off** a three-hour **Precision Bike Fit** session
- Access to Will's **exclusive Cycling Skills Sessions** in Richmond Park

You can learn more or book services directly at [www.forge1860.com](http://www.forge1860.com).



### 3. It's all about the preparation

Take your training seriously, 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
- **Practice eating and drinking on your bike whilst moving/peddalling.** It may sound easy... but it is harder than it looks. Ensure you have access to snacks which are easy to consume (and digest!), which provide a good source of energy, e.g. flapjacks, energy bars, jelly babies, bananas. Avoid products which are hard to access, hard to chew, or might cause you to choke.

### 4. 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 [Forge 1860](#), to ensure that everything is running sweetly.

Longstanding Dash Sponsor and supporter Will Pearson is offering special discount bike packages to all Dashers, through his store [Forge 1860](#) in Sheen. Will's bike brand, Pearson will also support the Dash this year. Forge 1860 offers Dashers:

- 10% discount on all clothing, parts and accessories
- £70 reduction for a three-hour Precision Bike Fitting session. Book online [here](#).

When performing maintenance, particular areas to pay attention to are:

- **Tyres:** Check that they are free from cuts and have sufficient tread. If you have been having more punctures than usual recently, it's a sign that your tyres need changing (no TUB tyres)
- **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 chainrings 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 to 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.





## 5. 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 which group would suit you all best 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](mailto:Emily.waring@duchenneuk.org)

## 6. Online support

To further compliment your training, we have created a [Dash Strava Club](#). 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.

Since our Dashers are a friendly bunch, we have a started a [community Facebook page](#) and encourage all 2026 Dashers to join and get involved! Get to know your fellow Dashers before you meet at the start line.

Organisers will share Dash memories, training tips and vital information about training rides and the Dash itself.



## 7. 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.

You may not complete every training ride and that's okay. The key is consistency and preparation. Every session in the saddle builds confidence, strength, and connection with your fellow Dashers. The more you do, the better you'll feel on the road to Paris.

The Dash isn't just a challenge. It's a journey with a mission — and together, we ride to End Duchenne.

### October – December

Base miles will serve you well into the new year and especially when you need to ramp up your training.

Aim to put in a ride that stretches your normal outings at least once a month. If you can add to this with some indoor miles in spin studios or on a home trainer, your fitness will be maintained at a good level through the darker and colder months of winter.

### January – 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 40km minimum
- **Weekend 2:** ride 50km minimum
- **Weekend 3:** ride 50km minimum
- **Weekend 4:** ride 50km 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 14<sup>TH</sup> March: Dash Skills Session 1.** See below on how to get involved)
- **Weekend 4:** ride 60km minimum
- **Weekend 5:** ride 70km minimum



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## April – Increase the distance of your rides (harder on hills)

**Monday to Friday:** 2 rides, day or evening, a minimum of 1.5 hours, or 4 commutes (Ride harder: push hard on hills, with harder intervals on the flat)

- **Weekend 1:** ride 70km minimum
- **Weekend 2:** ride 90km minimum
- **Weekend 3:** ride 100km minimum (**Saturday 26<sup>th</sup> April: Dash Skills Session 2.** See below on how to get involved)

**Weekend 4:** ride 120km minimum (last long ride before the Dash)

## May – Rest in preparation

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

## 8. 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 14<sup>th</sup> March**
- **Sunday 26<sup>th</sup> 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 14<sup>th</sup> 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
- Descending like a pro
- Taking corners like a pro
- Hand signals revisited
- Through and off (rotating lead place)
- Flying lap
- Advanced cafe etiquette; coffee and cake consumption



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### Sunday 26<sup>th</sup> 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
- Descending faster without pedaling
- 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: Forge1860**, 232 Upper Richmond Road West, East Sheen, London, SW14 8AG  
[www.forge1860.com](http://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>**