

My tips for your Ride London

While I am still in bed getting every last bit of rest I can before competing in the afternoons 'Prudential Classic', you will be lining up for a tough 100 mile route round the Surrey Hills and the famous Box Hill.

Here are a few tips to help you have a successful day.

THE RUN UP

With a week to go, all the hard work is done, now it's just a matter of keeping supple without tiring yourself out. If you can, do at least four short rides in the week leading up. If not, doing some simple stretches every evening will stop you from seizing up.

Sod's law makes it likely that you'll run into some mechanical issues on the day (Even if your bike has been working perfectly) make sure you carry a multitool, pump, puncture repair kit, and spare tubes. CO2 cannisters are super quick, but often lose pressure over a couple of hours. A large frame pump is my weapon of choice!

Doing a few sprints the day before during a nice steady ride is a great way to open up for the big efforts to come the following day.

Don't make any changes to your diet on the run up to the event. Your body is a fine tuned machine and doesn't take kindly to last minute changes. Eat what is normal to you, maybe with an extra spoonful or two of rice with dinner, the evening before.

ON THE DAY

As a follow up from the last point, for breakfast, eat what you would normally eat before a ride and don't get too full. You don't want to spend the first few hours battling a full stomach feeling sick.

Make note of where all the feed stations are so you don't get caught short, hungry and thirsty.

Carry plenty of ride food with you. You can't catch up with your fuelling, so start tucking into your nutrition early and if you run out you can always stop at a feed station.

Energy drinks are a great way to get calories in without carrying anything extra but can be heavy on your stomach so if you don't usually use them, stick to what you know!

Try not to get carried away in the first half. As my manager, Roger Hammond often says, "you can't win the race in the first half, but you can lose it!" Keep in mind your normal training speeds, push it a little, but hold a little back. Once you're over Box Hill it's the final section and if you're still feeling strong, the most gains can be made here!

Have fun. Having said all this, you will always perform at your best when you're relaxed and enjoying yourself. If you can follow my tips without worrying then you'll get on great, but if you're getting nervous or stressed, take a step back and do what you feel comfortable with.

A big thanks for joining us by supporting Pancreatic Cancer Action. I hope to see you on the road and if you get the chance to, at the finish too!

Matt Cronshaw