



THE PRINCESS MARGARET

**RIDE**

TO CONQUER CANCER®

# Training & Fuelling Guide

Get ready for Ride weekend with a plan created by professional coaches.



# Let's Get Ready to Ride

We're so excited that you're joining us for this year's Ride to Conquer Cancer — your participation fuels life-saving cancer research at The Princess Margaret, so we want to ensure we help you fuel and get ready for the Ride.

## Training for Your Ride

Riders of all levels are welcome to join the Ride as there are routes and durations to suit all abilities. Training is recommended for the best experience, even if you're a well-experienced Rider.

Starting on the next page, you'll find a comprehensive beginner's Ride training guide. It was created by Paolina Allen, a renowned endurance coach.

## About Paolina Allen

Paolina Allen is an experienced coach and athlete who has competed in numerous Ironman races and ultra-endurance events. As a coach, she focuses on helping athletes of all levels achieve their fitness goals, emphasizing mental and physical strength through perseverance.

## Table of Contents

Like any other guidebook, just scan for topics and tips you need or are interested in.

12 Week Training Plan	3 - 14
Heart Rate Zones	15
Strava for Training and Tracking	16
Fuelling Your Ride	17
Calories	17
Fuel Preparation	18
Reduce Fibre and Fat	19
Breakfast Timing	19
Bonking	19
More Resources	20



# Week 1

## Ride Training Plan

Here's what you'll be focusing on this week:

- Bike shops can get busy, so call now if you plan on going into a shop for a final tune-up.
- Make sure you fuel up to start training and think about your training gear.

**Monday** • Rest Day

---

**Tuesday** • Time Trial Tuesday! • Steady Ride (10 Min at Z2) • Easy Ride (5 Min at Z1)   
Ride Duration: 45 Min • Warm Up (5 Min at Z1) • Power Sprint (2 x 10 Min at Z4) • Steady Ride (20 Min at Z2)

---

**Wednesday** • Optional Rest Day • Steady Ride (30 Min at Z2) • Option to focus on   
Ride Duration: 50 Min • Warm Up (5 Min) • Cool Down (5 Min) strengthening your core with yoga

---

**Thursday** • Endurance Ride • Steady Ride • Power Sprint   
Ride Duration: 45 Min • Warm Up (5 Min) (15 Min at Z2. Finish in Z3) (3 x 12 Min at Z3)  
• Recovery (4 Min at Z1)  
• Cool Down (5 Min)

---

**Friday** • Rest Day

---

**Saturday** • Long Ride - 100 KM • Hills make you stronger, and • Today marks one of your   
Ride Duration: 60-75 Min • Flat routes are delightful but make sure to include some hilly terrain into your ride today. better prepare you for the Ride ahead. longest training rides. Congratulations!

---

**Sunday** • Recovery Ride • Nutrition while cycling is important. Two days   
Ride Duration: 45-60 Min • Pick a flatter route today. Your body will thank you. full of extended cycling hours can leave you drained, so make sure you stay on top of things

# Week 2

Here's what you'll be focusing on this week:

- Use page 15 to help you calculate your heart rate and to further understand the various training zones that you will aim for.

## Ride Training Plan

**Monday** • Rest Day

---

**Tuesday** • Warm Up (15 min. Finish at Z7) • It's going to feel uncomfortable. That's OK!   
Ride Duration: 20 Min • Sprint (5 x 20 Sec) - Easy Spin (40 Sec) • Easy Cool Down (10 Min)  
• Easy Spin (2 Min) • Remember to check the reference guide for information on heart rate zones!  
• Max Effort Ride (Hold for 20 Min)

---

**Wednesday** • Optional Rest Day   
Ride Duration: 45 Min • Warm Up (5 Min)

---

**Thursday** • Warm Up (5 Min) • Fast Ride (5 Min at Z4) • Learn how to pace and   
Ride Duration: 45 Min • Steady Ride (30 Min at Z2) • Cool Down (5 Min) finish while staying strong.

---

**Friday** • Do something off of your bike (strength, yoga, running, m Friday obility, relaxation).

---

**Saturday** • Increase of 15 min from last week • Maintain 80 rpm or higher   
Ride Duration: 1 Hr 30 Min • Ride a hilly route • Use all of the gears on your bike  
• Maintain a high rpm when climbing • Effort Level = Z2

---

**Sunday** • Warm up (15 Min)   
Ride Duration: 60 Min • Steady paced (45-60 Min)  
• Cool Down (5 Min)

# Week 3

Here's what you'll be focusing on this week:

- The duration or length of your rides will increase slightly this week.
- Safety comes first — if your bike feels off, get it refit.

## Ride Training Plan

**Monday** • Rest Day

---

**Tuesday** • Warm Up (10 Min at Z1) • Power Sprint (4 x 20 Sec - 40 Sec Easy Ride)   
Ride Duration: 45 Min • Steady Ride (12 Min at Z2) • Recovery (2 Min)  
• Power Sprint (4 x 15 Sec - 1 Min Easy Ride) • Power Sprint (4 x 30 Sec - 30 Sec Easy Ride)  
• Recovery (2 Min) • Cool Down (10 Min)

---

**Wednesday** • Optional Rest Day • Steady Ride (30 Min at Z2) • Option to focus on   
Ride Duration: 45 Min • Warm Up (5 Min) • Cool Down (5 Min) strengthening your core with yoga

---

**Thursday** • Warm Up (5 Min) • Power Sprint • Cool Down (10 Min)   
Ride Duration: 45 Min • Steady Ride (10 Min at Z2) (5 x 2 Min at Z4 - 2 Min Easy Ride)  
• This ride will help you overcome short-term fatigue while cycling

---

**Friday** • Rest Day

---

**Saturday** • Ride a hilly route • Use your small chain ring • Spin up any climbs   
Ride Duration: 1 Hr 45 Min • Maintain a high rpm of 80 (or higher) while climbing while climbing • Bring 1-2 bottles of water for this type of ride!

---

**Sunday** • Easy Z1/Z2 recovery ride • Work on your handling skills and practice turning corners with speed • Work on your hand signaling   
Ride Duration: 60-75 Min • Keep a light tension in your legs as you pedal • Practice eating and drinking while cycling

# Week 4

## Ride Training Plan

Here's what you'll be focusing on this week:

- Aim to continue improving your fitness for cycling this week.
- Lock in your determination and discipline for training.
- Try to incorporate yoga or stretching three to four times this week.

### Monday

- Rest Day

### Tuesday

Ride Duration:  
45 Min

- Warm Up (10 Min at Z1)
- Steady Ride (10 Min at Z2)
- Power Sprint (5 x 2 Min at Z4/Z5 - 2 Min Easy Ride at Z1)
- Cool Down (10 Min)

### Wednesday

Ride Duration:  
45 Min

- Optional Rest Day
- Warm Up (5 Min)
- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)
- Option to focus on strengthening your core with yoga

### Thursday

Ride Duration:  
60 Min

- Warm Up (5 Min)
- Warm Up (10 Min. Finish at Z3)
- Power Sprint (3 x 15 Min. Z3 Effort for 5 Min)
- Recovery (Z1)
- Cool Down (5 Min)

### Friday

- Rest Day

### Saturday

Ride Duration:  
2 Hr

- Endurance Ride
- Try to incorporate some hills.
- Nutrition is key for longer rides. On average, you'll need between 30-75 grams of carbs per hour. Experiment to see what works for you

### Sunday

Ride Duration:  
75-90 Min

- Z2 Recovery Ride
- Work on maintaining 85 rpm or higher
- Practice your technical skills - signaling, cornering, and carrying speed is important
- Be at one with your bike. Play with all your gears and understand the difference between them.

# Week 5

## Ride Training Plan

Here's what you'll be focusing on this week:

- Riding with others can make cycling more exciting, so check out cycling clubs in your area.
- Spin class is an option this week.
- Stay on top of your stretching.

**Monday** • Rest Day

---

**Tuesday** • Strength/Hill Work Ride • Easy Ride (2 Min)   
Ride Duration: 50 Min • Warm Up (15 Min) • Cool Down (10 Min)  
• Power Sprint (6-8 x 2 Min at 70 rpm) • This ride promotes muscular health.

---

**Wednesday** • Optional Rest Day • Steady Ride (30 Min at Z2) • Option to focus on   
Ride Duration: 50 Min • Warm Up (5 Min) • Cool Down (5 Min) strengthening your core with yoga

---

**Thursday** • Warm Up (5 Min) • Easy Ride (3 Min at Z1) • Get comfortable being   
Ride Duration: 60 Min • Build Up Heart Rate (10 Min) • Cool Down (10-15 Min) uncomfortable during those 4-minute efforts!  
• Power Sprint (5 x 4 Min at Z4/Z5)

---

**Friday** • Rest Day

---

**Saturday** • Warm Up (15 Min) • Maintain an rpm of 80 or higher   
Ride Duration: 15 Min • Steady Ride (1 Hour 45 min at Z2) • Long rides can help you lower your stress levels, connect with friends, increase muscle strength and flexibility, and help you to sustain power over longer efforts  
• Cool Down (15 Min)

---

**Sunday** • Feel Good Recovery Ride • If possible, try to ride some of the route that you'll be on at The   
Ride Duration: 90 Min Ride to Conquer Cancer. This will help you to understand the terrain and road conditions.

# Week 6

Here's what you'll be focusing on this week:

- Strength and hill work. Feel the burn!
- This week, let all that hard work from the last few weeks sink in.

## Ride Training Plan

**Monday** • Rest Day

---

**Tuesday** • Strength/Hill Work Ride • Power Sprint • Cool Down (10 Min)   
Ride Duration: • Warm Up (15 Min) (6-8 x 2 Min at 70 rpm) • Promotes muscular health  
50 Min • Easy Ride (2 Min)

---

**Wednesday** • Optional Rest Day • Steady Ride (30 Min at Z2) • Option to focus on   
Ride Duration: • Warm Up (5 Min) • Cool Down (5 Min) strengthening your core  
50 Min with yoga

---

**Thursday** • Optional Rest Day • Warm Up • Recovery (5 Min at Z1)   
Ride Duration: • Warm Up (5 Min) (10 Min. Finish at Z3) • Cool Down (5 Min)  
60 Min • Power Sprint (2 x 15 Min at Z3)

---

**Friday** • Rest Day

---

**Saturday** • Today's ride is light, but it's still a workout! • How are you feeling on these longer rides?   
Ride Duration: • Maintain Z2 How is your recovery? Take note of how you  
1 Hr 45 Min - feel afterwards.  
2 Hr

---

**Sunday** • Feel Good Recovery Ride • Stop by a coffee shop if you'd like!   
Ride Duration: • Ride with friends or family today • Post a picture on social media,  
60 Min and tag @theride2conquer  
• Good job this week!



# Week 7

## Ride Training Plan

Here's what you'll be focusing on this week:

- Continue to build up your intensity.
- Training might be tough, but it will help you maintain a sustainable effort while you cycle
- Resisting short term fatigue will help you to raise your ceiling of fitness.

**Monday** • Rest Day

**Tuesday** • Time Trial Tuesday!  
• Warm Up (5 Min at Z1) • Steady Ride (10 Min at Z2) • Easy Ride (3 Min at Z1)  
• Power Sprint • Steady Ride (20 Min at Z2)  
(3 x 6 Min at Z4)

**Wednesday** • Optional Rest Day • Steady Ride (30 Min at Z2) • Option to focus on  
Ride Duration: 60 Min • Warm Up (5 Min) • Cool Down (5 Min) strengthening your core  
with yoga

**Thursday** • Z4 Ride • Power Sprint • Get comfortable being  
Ride Duration: 60 Min • Warm Up (5 Min) (5 x 4 Min at Z4/Z5) uncomfortable during  
• Build Up Heart Rate • Recovery (3 Min at Z1) those 4-minute efforts!  
(10 Min) • Cool Down (10-15 Min)

**Friday** • Rest Day

**Saturday** • Endurance Ride • Stay Hydrated: On hotter days, your fluid intake  
Ride Duration: 2 Hr 30 Min • Make sure you are practicing good nutrition habits may be higher than it is on cooler days.

**Sunday** • Recovery Ride   
Ride Duration: 90 Min • Congrats on getting out as often as you can for a  
double weekend of cycling. Watch your heart rate  
during long rides.

# Week 8

## Ride Training Plan

Here's what you'll be focusing on this week:

- Remember to maintain a positive mindset this week, even on the days that are more challenging.
- Perfect your pacing — don't push too hard too early.
- Keep up the great work!

### Monday

- Rest Day

### Tuesday

- Strength/Hill Work Ride
- Warm Up (15 Min)
- Power Sprint (8 x 2 Min at 70 rpm)
- Easy Ride (2 Min)
- Cool Down (10 Min)
- This ride promotes muscular health

### Wednesday

Ride Duration:  
50 Min

- Optional Rest Day
- Warm Up (5 Min)
- Steady Ride (30 Min at Z2)
- Cool Down (5 Min)
- Option to focus on strengthening your core with yoga

### Thursday

Ride Duration:  
60 Min

- Aerobic Ride
- Warm Up (5 Min)
- Steady Ride (50 Min at Z2)
- Cool Down (5 Min)
- Be mindful of gears on aerobic rides.
- As you become stronger, harder gears will feel easier with time.

### Friday

- Rest Day

### Saturday

Ride Duration:  
2 Hr 30 Min

- Steady Ride (2 Hours 45 Min at Z2)
- Pacing is critical!
- Nutrition is key for longer rides.
- On average, you'll need between 30-75 grams of carbs per hour. Experiment to see what works for you.
- Learn to hold back throughout the first hour, instead of pushing yourself too fast and fading out in the last hour

### Sunday

Ride Duration:  
90 Min

- Recovery Ride
- Take a hilly ride today
- Let yourself get uncomfortable on climbs
- Aim to reach an HR of Z4
- Carry your speed over the climbs, and ride and recover

# Week 9

Here's what you'll be focusing on this week:

- You have made it 2/3 of the way through training.
- If you are willing to do the work, you can have anything.
- Keep the focus going and take your rest seriously!

## Ride Training Plan

**Monday** • Rest Day

---

**Tuesday** • Time Trial Tuesday!  
• Warm Up (5 Min at Z1)  
• Steady Ride (10 Min at Z2)  
• Power Sprint (3 x 6 Min at Z4)  
• Easy Ride (3 Min at Z1)  
• Steady Ride (20 Min at Z2)  
• Feel those legs work!

---

**Wednesday** • Optional Rest Day  
Ride Duration: 50 Min  
• Warm Up (5 Min)  
• Steady Ride (30 Min at Z2)  
• Cool Down (5 Min)  
• Option to focus on strengthening your core with yoga

---

**Thursday** • Endurance Ride  
Ride Duration: 60 Min  
• Warm Up (5 Min)  
• Steady Ride (15 Min at Z2)  
• Finish in Z3  
• Power Sprint (2 x 15 Min at Z3)  
• Recovery (5 Min at Z1)  
• Cool Down (5 Min)

---

**Friday** • Rest Day

---

**Saturday** • Long Ride - 65 KM  
Ride Duration: 3 Hr  
• Aim for a mix of terrain  
• Remember to spin up on hills  
• Use all of your gears to make your legs turn over faster

---

**Sunday** • Recovery Ride  
Ride Duration: 75-90 Min  
• Take a hilly ride today  
• Let yourself get uncomfortable on climbs  
• Aim for an HR of Z4  
• Carry your speed over the climbs, and ride and recover  
• Use all your gears to get up any hill

# Week 10

## Ride Training Plan

Welcome to week ten of the 2023 Ride Training Plan. Here's what you'll be focusing on this week:

- Stay motivated — you have five more weeks to go.
- Think how far you have come!
- Remember, as the days get hotter, make sure to pack more fluids with you.

**Monday** • Rest Day

---

**Tuesday** • Time Trial Tuesday!  
• Warm Up (5 Min at Z1)  
• Steady Ride (10 Min at Z2)  
• Power Sprint (2 x 8 Min at Z4)  
• Easy Ride (8 Min at Z1)  
• Steady Ride (20 Min at Z2)  
• Feel those legs work!

---

**Wednesday** • Optional Rest Day  
Ride Duration: 50 Min  
• Warm Up (5 Min)  
• Steady Ride (30 Min at Z2)  
• Cool Down (5 Min)  
• Option to focus on strengthening your core with yoga

---

**Thursday** • Endurance Ride  
Ride Duration: 75 Min  
• Warm Up (5 Min)  
• Steady Ride (15 Min at Z2. Finish in Z3)  
• Power Sprint (3 x 12 Min at Z3)  
• Recovery (4 Min at Z1)  
• Cool Down (5 Min)

---

**Friday** • Rest Day

---

**Saturday** • Long Ride - 75 KM  
Ride Duration: 3 Hr  
• You are pushing up into the higher KM mark on these rides  
• Note how you are feeling, and the fuel that you need  
• You may face some discomfort - this is to be expected, as long as there is no pain!

---

**Sunday** • Recovery Ride  
Ride Duration: 90 Min  
• Get out and ride with smooth pedal strokes!  
• Sometimes you just need to get out in order for your legs to warm up!

# Week 11

## Ride Training Plan

Here's what you'll be focusing on this week:

- This week will help you with the finishing touches of your training.
- Remember to check up on your bike and go in for a tune up if needed.
- Hill Repeats will make you feel stronger on your bike, whether you use a trainer or a hill in your area with a 4 – 5% incline.

**Monday** • Rest Day

---

**Tuesday** • Hill Repeats • Power Sprint • Cool Down (10 Min)   
Ride Duration: • Warm Up (5 Min at Z1) • (6 x 3 Min at low gear / • Feel those legs working  
70 Min • Steady Ride (10 Min at Z2) rpm of 70) as you conquer that hill!  
• Recovery (2 Min)

---

**Wednesday** • Optional Rest Day • Steady Ride (30 Min at Z2) • Option to focus on   
Ride Duration: • Warm Up (5 Min) • Cool Down (5 Min) strengthening your core  
50 Min with yoga

---

**Thursday** • Fast Leg Training • Steady Ride • Recovery (2 Min at Z2)   
Ride Duration: • Warm Up (5 Min) (15 Min at Z2. Finish in Z3) • Cool Down (10 Min)  
75 Min • Power Sprint • Feel the burn!  
(5 x 5 Min at Z4)

---

**Friday** • Rest Day

---

**Saturday** • Long Ride - 80-90 KM • A famous quote:   
Ride Duration: • 4 weeks to go! "It never gets easier, you just get faster" - Greg Lemond  
3 Hr 3 Min • Aim to eat and drink while cycling to prepare for RTCC - or  
take a lunch break when you feel hungry

---

**Sunday** • Recovery Ride • Let yourself get • Carry your speed over the   
Ride Duration: • Take a hilly ride today uncomfortable on climbs and ride and recover  
90 Min • Aim for an HR of Z4 • Use all your gears to get  
up any hill

# Week 12

## Ride Training Plan

Here's what you'll be focusing on this week:

- Stay motivated — you have five more weeks to go. Think how far you have come!
- Remember, as the days get hotter, make sure to pack more fluids with you.

**Monday** • Rest Day

---

**Tuesday** • Time Trial Tuesday!  
• Warm Up (5 Min at Z1)  
• Steady Ride (10 Min at Z2)  
• Power Sprint (2 x 8 Min at Z4)  
• Easy Ride (8 Min at Z1)  
• Steady Ride (20 Min at Z2)  
• Feel those legs work!

---

**Wednesday** • Optional Rest Day  
Ride Duration: 50 Min  
• Warm Up (5 Min)  
• Steady Ride (30 Min at Z2)  
• Cool Down (5 Min)  
• Option to focus on strengthening your core with yoga

---

**Thursday** • Endurance Ride  
Ride Duration: 75 Min  
• Warm Up (5 Min)  
• Steady Ride (15 Min at Z2. Finish in Z3)  
• Power Sprint (3 x 12 Min at Z3)  
• Recovery (4 Min at Z1)  
• Cool Down (5 Min)

---

**Friday** • Rest Day

---

**Saturday** • Long Ride - 75 KM  
Ride Duration: 3 Hr  
• You are pushing up into the higher KM mark on these rides  
• Note how you are feeling, and the fuel that you need  
• You may face some discomfort - this is to be expected, as long as there is no pain!

---

**Sunday** • Recovery Ride  
Ride Duration: 90 Min  
• Get out and ride with smooth pedal strokes!  
• Sometimes you just need to get out in order for your legs to warm up!

# Heart Rate Zones

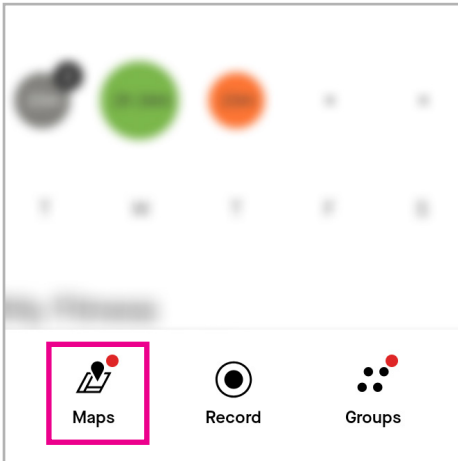
Zone	% of Max Heart Rate	Exertion Level	Description
<b>Z5</b>	<b>90-100%</b>	<b>Maximum</b>	Developing max performance capacity and speed
<b>Z4</b>	<b>80-90%</b>	<b>Hard</b>	Increasing aerobic threshold and performance capacity
<b>Z3</b>	<b>70-80%</b>	<b>Moderate</b>	Improving aerobic fitness and muscle strength
<b>Z2</b>	<b>60-70%</b>	<b>Light</b>	Building basic endurance and sustainability
<b>Z1</b>	<b>50-60%</b>	<b>Very Light</b>	Warming up, cooling down, and active recovery

# Use Strava for Training and Tracking

Strava is an excellent free tool for connecting with your teammates, keeping track of your training, sharing progress updates and more.

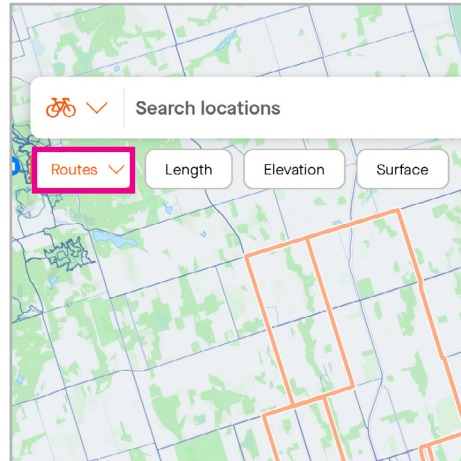
**Pro tip:** Join [The Princess Margaret Ride to Conquer Cancer Strava Club](#) to stay up to date on club events and get some Ride inspiration.

## How to Find Routes in Your Area:



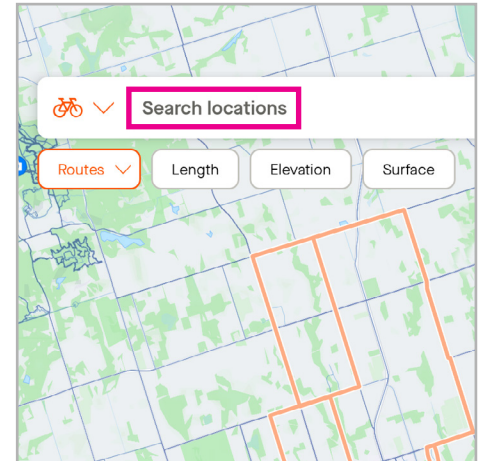
### Step 1

Select “Maps” from the bottom navigation menu



### Step 2

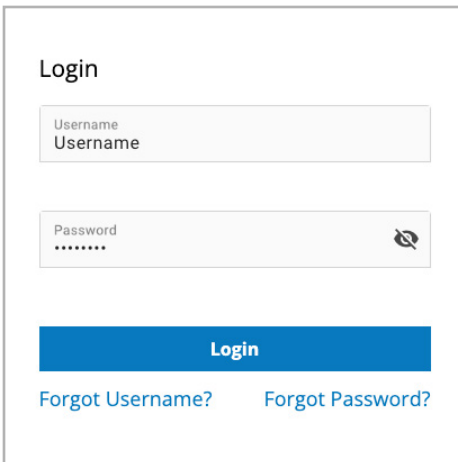
Tap “Routes” (Strava will default to using your current location as a starting point)



### Step 3

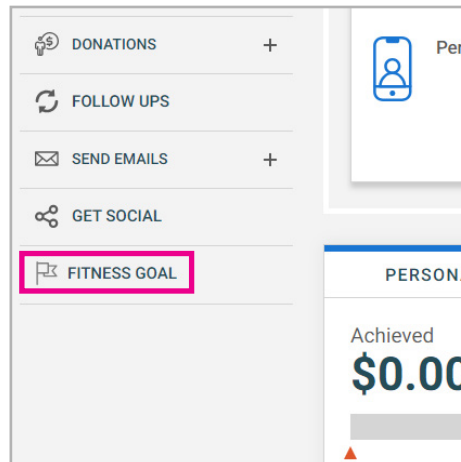
To change your location, tap the “search bar” above or long-press on the map to drop a pin at a new location

## How to Link Strava to Your Fundraising Page:



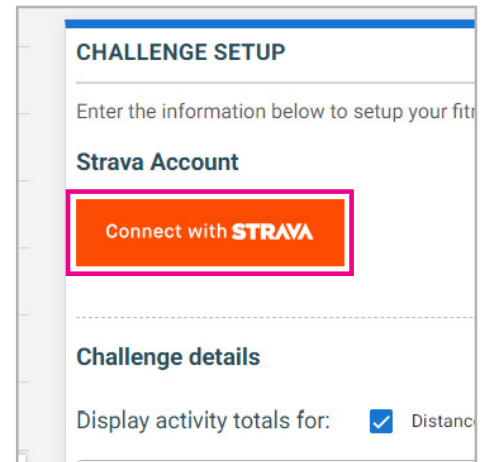
### Step 1

Log into the [Participant Centre](#)



### Step 2

Click “Fitness Goal”



### Step 3

Click “Connect with Strava”



# Fuelling Your Ride

An integral part of getting ready for your Ride is making sure you're properly fuelled.

We use “fuelling” instead of “nutrition” because that's really what you're doing — you're putting fuel in your tank. And the more high-quality fuel you have to burn, the smoother and more fun your Ride will be.

Starting on the next page, you'll see Coach Andrew Randell's guide on how to properly fuel up for the big event. It includes what and when to eat and drink, and the reasons why it will make your Ride a success.

## About Andrew Randell

Andrew Randell, a former professional road cyclist, is a coach and strength training expert with decades of experience. He emphasizes consistency, longevity, fun, performance, and stress relief in his approach to cycling, which he considers his medicine. Andrew helps Riders train together while cultivating their love for the bike.

## Calories

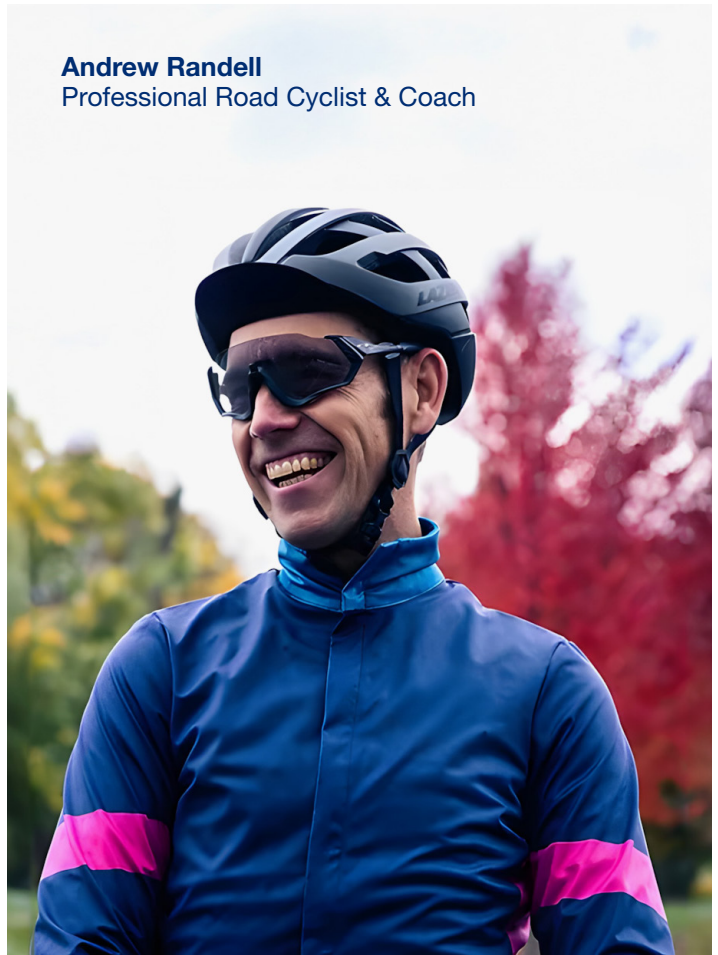
We used to think that athletes could only consume about 240 calories per hour, but now we know that the body can take in over 300 calories per hour.

**Note:** Everyone's body is different, so your fuelling strategy needs to be personalized and practiced before you begin your Ride.

For example, you don't necessarily need to consume 300 calories per hour, but one 75-calorie cycling gel (a small packet of a concentrated energy source you can take while riding) per hour might not be enough either.

**Tip:** Try consuming more calories while cycling and see how you feel. You may notice a significant difference in your energy towards the latter parts of your route.

**Andrew Randell**  
Professional Road Cyclist & Coach



# Better Fuelling: How to Practice and Plan

As we start consuming more calories on a long ride, we try to avoid one thing: Getting an upset stomach.

How can we do that? By training ourselves to get used to the feeling of getting more fuel while Riding. To start off, you should create, test, and practice an hourly caloric intake plan.

For example, if your goal is 150 calories/hour, you could plan to eat half a bagel with jam each hour to see how your stomach feels. If your stomach feels OK, try three-quarters of a bagel and see how you feel then, and so on.

With practice, you'll get more comfortable increasing your fuel while riding.

## Fuel Preparation

A high-calorie drink mix is an easy way to fuel your Ride while staying hydrated. Mix 2 to 3 scoops with water and aim to finish one per hour for 200 – 300 calories.

**Pro Tip:** Bring extra baggies of drink mix for refills at rest stops.

If you prefer solid food, a bagel or jam sandwich provides about 250–300 calories, and you'll find more snacks like bagels and Rice Krispie squares at the rest stops. For a fun option, Jujubes can serve as a tasty reward after a tough climb but be mindful of their fiber content.



## Reduce Fibre and Fat

To avoid an upset stomach during the Ride, limit fibre and fat in your pre-event meals. Simple options like chicken with white rice for dinner or bagels instead of oatmeal for breakfast can help. Monitor your meals to reduce your fibre and fat intake so you'll be ready to Ride.

## Breakfast Timing

Eat breakfast a couple of hours before your start time to leave time for digestion before you hit the road.

Note: The Ride is fun but can also make you feel nervous, which can lead to some tummy rumbling. Please don't worry — it's a common reaction and some breathing exercises can help.

## Bonking

In cycling, the term for running out of fuel is “bonking” means running out of fuel. It describes when your legs feel empty, and you feel like you can't push anymore. To avoid bonking, fuel properly and ensure your tank stays full.

If you start to feel fatigued, a quick dose of sugar, like a gel or soda, can give you an instant boost. After that, get back to your fueling plan to maintain your energy for the rest of the day.

## Putting It All Together

No matter what sort of Ride you have planned, increasing the amount of fuel you put in your tank will have a positive impact on your event.

### To Sum It All Up:

- Practice ahead of time
- Monitor your fibre intake
- Time your breakfast right
- Avoid bonking by ingesting enough calories per hour

From there, you'll be all set to have an epic Ride!



# More Resources at Your Fingertips

Click the links below to check out our other guidebooks:

[Ride 101 Guide](#)

[Fundraising Guide](#)

[Team Captains' Guide](#)



**Remember, the Ride Team is always here to help!**

Visit our [FAQ page](#) to find answers or contact us directly and we'll respond as soon as we can.

**Email:** [rideguides@thepmcf.ca](mailto:rideguides@thepmcf.ca) | **Phone:** 1-877-699-BIKE [2453]

