



## RFCK 2026 Training Schedule

**Time: Saturday Mornings from 6am-10am**

Our training rides will help to build endurance, confidence, group skills, and self-sufficiency on the bike as we lead into the final event in May 2026.

### Ride 1: 8<sup>th</sup> February 2026

**Theme: Post-Holiday Restart**

**Distance:** ~65 km

**Skills/Maintenance:** Fixing a flat – tube change, CO2, tyre inspection

**Notes:** Steady zone 2 ride with a café stop. Rebuild group rhythm.

### Ride 2: 22<sup>nd</sup> February 2026

**Theme: Sustained Effort & Pacing**

**Distance:** ~80 km

**Skills/Maintenance:** Drivetrain inspection – when to replace your chain/cassette

**Notes:** Introduce mini pace lines, rolling turns, and more time in the saddle.

### Ride 3: 7<sup>th</sup> March 2026

**Theme: Nutrition & Hydration**

**Distance:** ~95 km

**Skills/Maintenance:** How to carry nutrition, clean bottles, and prep ride food

**Notes:** Talk about eating every 30–45 min. Riders should bring multiple snacks

### Ride 4: 21<sup>st</sup> March 2026

**Theme: Climbing & Shifting Smoothly**

**Distance:** ~110 km

**Skills/Maintenance:** Brake pad wear, indexing gears, and using barrel adjusters

**Notes:** Choose a route with longer climbs. Encourage smooth cadence work.



# RFCK 2026 Training Schedule (cont.)

## Ride 5: 4<sup>th</sup> April 2026

**Theme:** Advanced Group Riding

**Distance:** ~120 km

**Skills/Maintenance:** Saddle height, cleat position basics & comfort setup

**Notes:** Practice long stretches without stops, simulate event pacing.

## Ride 6: 18<sup>th</sup> April 2026

**Theme:** Fatigue Management

**Distance:** ~135 km

**Skills/Maintenance:** Dealing with emergency mechanicals – quick fixes on the road

**Notes:** Riders should carry tools. Talk about mental focus and riding through the lows

## Ride 7: 2<sup>nd</sup> May 2026

**Theme:** Dress Rehearsal

**Distance:** ~150 km

**Skills/Maintenance:** Pre-event checklist: gear, nutrition, spares, clothing, lights

**Notes:** Mimic ride day routine. Try out full kit and nutrition plan.

