

RFCK 26 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: 8th November 2025

Theme: Intro Ride + Basic Group Riding Etiquette

Distance: ~40 km

Skills/Maintenance: How to clean your bike and lube your chain

Notes: Meet & greet pace. Talk about safe wheel overlap, calling hazards, rotating turns.

Ride 2: 22nd November 2025

Theme: Building Base Endurance

Distance: ~55 km

Skills/Maintenance: Tire pressure, pump use & pre-ride check (ABC: Air, Brakes, Chain) **Notes:** Encourage eating and drinking on the bike. Light hills, focus on group flow.

Summer Break

(Away from Dec 20 - Feb 1)

Self-guided rides encouraged.

Riders can join other groups or repeat rides 1–2.

Ride 3: 8th 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 4: 22nd 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 5: 7th 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 6: 21st 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. **Ride 7:** 4th 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 8: 18th 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 9: 2nd 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.

