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**Ready to Ride!**

Are you getting ready for a long bike ride? Perhaps you want to ride the entire Sioux Falls Bike Trail or take part in a distance ride. Here is a 5-week Training Program to help you get ready.

**Important Tips to Remember:**

1. **Get a Tune-Up** — be sure your bike is tuned up and ready to go. <https://www.bikeleague.org/content/smart-cycling-tips-0>
2. **Learn Bike Trail Rules/On-Street Bike Laws** — review and follow rules for safe riding.
3. **Wear a Helmet** — make sure it fits right. <https://www.bikeleague.org/content/smart-cycling-tips-0>
4. **Hydrate -** carry a water bottle; drink before, during and after a ride.
5. **Ease Your Way into Training** — use our flexible training schedule below. The schedule is based on achieving the ultimate goal of biking the entire 20 miles of the Sioux Falls Bike Trail. Modify the schedule as needed, just don’t increase miles by more than 10% each week to avoid overtraining and injury. Remember, just bike to the best of your ability.

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| **Week** | **Beginner** | **Intermediate** |
| Week 1 | Ride 2-5 miles, 2x/week | Ride 5-7 miles, 2-3x/week |
| Week 2 | Ride 3-7 miles, 2x/week | Ride 7-10 miles, 2-3x/week |
| Week 3 | Ride 7-10 miles, 2x/week | Ride 10 miles, 2-3x/week |
| Week 4 | Ride 8-12 miles, 2x/week | Ride 12 miles, 2-3x/week |
| Week 5 | Ride 12-15 miles, 1x/week | Ride 15+ miles, 1x/week |

You can also find more bike training tips on the following websites:

* **League of American Bicyclists**  <http://www.bikeleague.org/>   
   (Go to “Education” and “Ride Better” sections)
* **About.Com Bicycling** <http://bicycling.about.com/>
* **Falls Area Bicycle Club** https://www.fallsareabicyclists.org/

**Pump up those tires, oil the chains and start training…Bike On!**