



PERSONAL
BEST
CYCLING
SERVICES

CYCLING MADE SIMPLE

WINTER TIPS



SIMPLIFYING WINTER

GETTING THE MOST OUT OF YOUR WINTER RIDING



www.personalbestcycling.com

SHOULD I RIDE?



Health

Turn the alarm off and grab yourself a coffee

First and foremost, are you healthy and ready to ride?

Colds?

Flu?

Tired?

Overtrained?

If you notice any changes in your waking heart rate – think to yourself 'should I train today?'

You're better off losing one day and recovering fully than risking it and losing a week.



SHOULD I RIDE?



Check the weather

Look outside and see what it's like.

If it is, or has been snowing, is icy or any other condition where it would be unsafe to ride – consider riding later in the day or training indoors.

Consider the overnight temperatures as they can have an effect on the conditions that you will be riding in.

Check the weather forecast for the day ahead including the temperature, the wind and rainfall.

Use a weather forecast app that shows moving weather patterns covering the area you will be riding in. You might have to pay for it, but it's a worthwhile investment.



SHOULD I RIDE?



Choose a route

What kind of ride is on the schedule for today, is it a training session, a long ride or a social ride with friends?

The ideal route to plan in the winter will ensure you stay dry, have a comfortable ride home and remain visible to other road users.

Using the weather forecast, plan a route that has a tailwind on the way home, hopefully avoiding any rain clouds, whilst also keeping the low winter sun behind you so that you are visible to cars approaching from the rear.

Some of the roads will be muddy, icy and possibly damaged due to the cold weather so adjust your riding routes to avoid the worst of these.

SHOULD I RIDE?



Choose a route

Let people know where you are planning to ride – especially if you are riding solo. It's amazing how much time you can lose with a mechanical problem or if you are delayed and loved ones will tend to worry if you are late back.

PREPARE TO RIDE



Fuel and hydrate

There are lots of options you can use to fuel including;

- a bowl of porridge
- cereal
- toast with peanut butter, beans, spaghetti
- pasta sprinkled with brown sugar and then grilled

Just make sure it's a slow release meal to provide energy over time.

In the cold, your body uses more calories than in the warm as it is working to keep you warm as well as keep you riding so make sure you take enough along with you.

Hydrate before heading out, preferably with a hot drink but water is also a good option.

Use winter as a chance to try out new foods and drinks before racing season hits.



PREPARE TO RIDE



Get dressed.

A typical winter ride in between 4 and 9 degrees generally needs a long sleeve undervest, winter jacket, bib tights, gloves and over-socks / shoes and of course your cycling shoes!

Always take a rain jacket and if you plan on stopping, a dry undervest in a zip-loc bag to change into will keep you warm.

Wear a buff around your neck to keep the throat warm.

In colder conditions, in addition to the above, wear a hat / cap, warmer socks, thermal shorts and thin liner gloves.



PREPARE TO RIDE



Give the bike a quick once over prior to each ride – check the tyres, brake blocks and make sure that the chain is lubed.

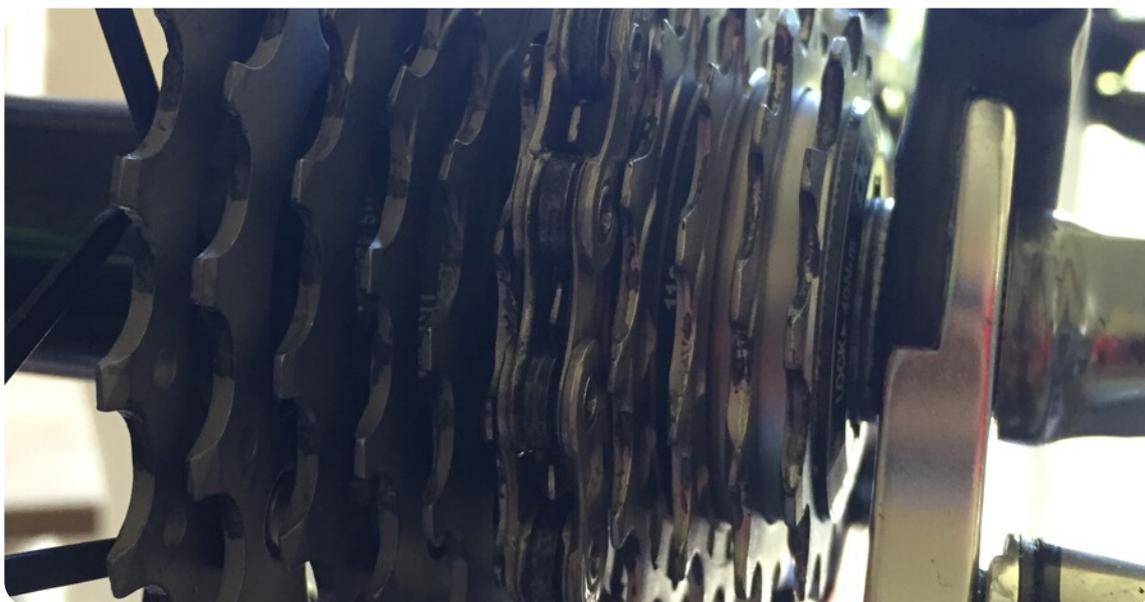
As far as the bike is concerned – there is nothing wrong with riding your summer bike in the winter.

In these cases it will be prudent to *winterise* and protect it.

The roads are generally in worse condition in the winter so forget having lightweight tyres and fit something more substantial such as Continental 4 Season.

Slime filled inner tubes are well worth fitting too – anything to avoid having to change a puncture in the cold and wet!

PREPARE TO RIDE



If you use a quality cassette and chain in the summer – save it for the summer and fit a cheaper set that you won't mind sacrificing to the elements.

The grit, salt and inevitable rain will eat into your components so swapping out any lightweight components will save your pocket in the long run.

Moving components will attract dirt so ensure that these are degreased and lubed regularly.

PREPARE TO RIDE



If your bike has clearance, fit a set of mudguards. If you can't, clip on mudguards will keep you relatively mud-free and keep the bike in a better state.

PREPARE TO RIDE



It's wise to carry a rear light just in case the light gets bad – especially in bad weather.

Add reflective tape to your bike and consider clothing that has reflective patches on it.

OUT RIDING



On the road

Keep an eye on the weather – forecasts can sometimes be wrong so make sure you are aware of the weather and can change the route if you need to.

The roads really do take a pounding in the winter and puddles can hide some shocking pot holes – it's well worth using the 'Fill that Hole' app to report holes on your regular routes, you'd be surprised how quickly they are fixed.

www.fillthathole.org.uk





Coffee stop or not

Stopping in winter can end up being less fun than intended. Arriving hot and sweaty can mean leaving cold and clammy.

Use the dry undervest that you took along with you so that you can put it on when you stop to avoid getting cold.

Ideally, you'll stop with about an hour of the ride to go so if you are cold, you've not got long left.

If it is raining or particularly unpleasant, only stop if you really need to
- get home and dry as soon as you can.

POST RIDE



Getting back

Don't sit around in damp or wet clothes, either jump straight into the shower or put warm clothes on and shower later.

Get a hot drink into you and eat some warming food.

A recovery drink as soon as you get in will start the recovery process.

Stick your kit in the wash. Specialist sport detergent is good at cleaning at low temperatures.

Dry the kit ready for the next ride – avoid tumble dryers as they tend to destroy cycling kit.

Wash your bottles – especially around the mouthpiece. Make sure any mud or grime is removed and sterilise them regularly.



POST RIDE



Wash the bike

Clean and dry your bike after any ride where it gets wet and dirty – rinse all of the soap off and dry using a cloth or air-duster.

An air-duster will shift grit and dirt from hard to reach places and is especially effective on electric gears.

When the bike is dry, lube the chain and any moving parts, check the tyres for cuts and check the brake bocks as the winter conditions tend to eat them faster than in the summer.

AND RELAX!



Upload your ride – either to strava or to your coach so that they can check your progress and you can check out others efforts too.

You've had an enjoyable ride, got back and recovered, washed your kit and the bike, now you can relax and let the recovery really start!



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WORK WITH ME

Work with me at Personal Best Cycling

Are you struggling with motivation?

Do you feel you have hit a bit of a plateau and aren't improving?

Have you got a cycling trip planned and want to get into shape for it?

Or maybe you have just started cycling and want a crash course in how to ride this new bike and maybe even how to put it together!

We will help you get through the winter with our winter training plans and can help you be a better cyclist.

[Click here to get in touch](#)



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