

# GET

# on your

# bike

Need a bit more exercise but want to do something more enjoyable than the gym? Ever fancied trying track cycling? Thinking about commuting to work?

We have scoured the web and compiled the very best cycling articles from around the globe, from track cycling to training for an advanced sportive.



Sportive      Tips and skills  
Advanced Cycling  
**Commuting**  
Mountain      Track  
Road      Bike Maintenance



## A Beginner's Guide to Biking to Work

A.C Shilton, The New York Times

People who bike or walk to work were found to be happier commuters. This helpful guide covers all you need to know about commuting to work including being safe and the equipment you need.

If you are worried about your appearance when you show up for work, it illustrates what you need to do to prep your office. The guide also looks at the benefits of electronic bikes and part commuting by bike. Read now.



## Track Cycling

**Book a trial.** [roadcyclinguk.com](http://roadcyclinguk.com)

Ever imagined yourself track cycling in a stadium emulating Chris Hoy? Book a taster event at your nearest velodrome. See more.

**Get Accredited.** [britishcycling.org.uk](http://britishcycling.org.uk)

Had a go and got the bug? Get some useful tips on how to go through the accreditation process so you can take part in more advanced structured training or to race. View.

Track Cycling

## Mountain Biking

**The Basics:** Mountain bike skills you need to know. [www.active.com](http://www.active.com)

Did you know that you should stay seated when mountain biking uphill? Read about this and other tips including braking and avoiding oversteering. Read now.

**Mountain Bike Skills.** [liv-cycling.com](http://liv-cycling.com)

Sit back and watch these short videos on how to improve your technique. Each video repeats the move to give key information at vital points. You could become a maestro at Downhill cornering, manual pumping, uphill obstacles, riding rock gardens, MTB jumping and more. See here.



## Road cycling for beginners: The Ultimate Guide

Bicyling.com

This very thorough cycling guide covers riding position, steering clear of road trouble, how to turn a corner through technique and positioning, climbing hills and creating the motivation to do so, repairing a flat tire in no time, basic cycling rules on the road and how to cycle like a pro by staying light. The guide finishes with fuel, apparel and gear tips. View here.



# Advanced Cycling

## Intermediate/Advanced Sportive training guide

Radeon Cycle Coaching, wiggle

Training for a sportive? This guides tells you when to start training, how much to do each week and provides very useful sample sessions for preparation. There are hints and tips in the training guideline and information on pacing, nutrition and recovery. [View here.](#)

## Measuring performance and tuning your training

[bicyclingaustralia.com.au](http://bicyclingaustralia.com.au)

"If you can't measure it you can't improve it." This article shows how to set benchmarks for accuracy in measuring. It tells you the key power data metrics to measure and track, how many days of data you need to calculate benchmark numbers and then monitor the progress. Use the power zones to break the training sessions into workouts that address the building of fitness based on your goals. The guide looks at building your training program workouts, improving areas of your performance that you want to address, guidelines for the interval length and cadence to develop specific strengths and improve areas of weakness. [View more.](#)



## Guide to group cycling

[www.britishcycling.org.uk](http://www.britishcycling.org.uk)

Essential for confidence on your first start line of any race, this article will help you feel comfortable when surrounded by other riders. Gain knowledge on communication and view hand signals that are used in groups. Learn tips on etiquette and how you can pull your weight and help other cyclists in a group situation. [Read more.](#)



## Bike Maintenance

Talks you through the areas of your bike you can look after on a monthly basis and checks to make sure everything is working as it should. See more.

## Further Guides

British Cycling has a vast amount of information online at [www.britishcycling.org.uk/knowledge/](http://www.britishcycling.org.uk/knowledge/)



## What to do if you find yourself injured

Use the 'Find a practitioner' database at [BASRaT.org](http://BASRaT.org) to find a qualified Rehabilitator. They will assess your aches and pains to work out exactly what is going on and advise and treat where needed. You can also discuss why you got injured with your practitioner. Access here.

## Rehabilitation Experts

Sport Rehabilitators consistently free patients from pain, enabling a quick recovery. Rehabbers frequently treat joint, back, muscular pain or long term illness by swiftly diagnosing and treating pain through an exercise plan, manual therapy, massage and stretches.

## BASRaT and Sport Rehabilitators

BASRaT is the UK regulator for Sport Rehabilitators and provides guidance on their role and responsibilities, ensuring professional competency and continued development. BASRaT's register is accredited by the PSA (Professional Standards Authority), who oversee regulators to protect the public.

