



MOVE MORE CYCLING SOFA2SADDLE



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Our Sofa2Saddle six-week cycling programme is designed to help you confidently cycle from 0km-16km. If you're nervous about cycling a longer distance than normal, please don't worry! We're here to help and support you. You don't have to be fit and athletic when you start our Sofa2Saddle programme, you just need to be able to ride a bicycle.

Our programme is led by our friendly and qualified ride leaders who have undertaken the British Cycling Ride Leaders course they are experienced in supporting people throughout their cycling journey. Routes cycled during the sessions will be predominantly on flat terrain, traffic free, quiet lanes, with introductions to small inclines and decants.



SOME TOP TIPS!

BASIC RIDING SKILLS

It's essential you learn basic riding skills before you cycle in traffic during this programme. We encourage you to find somewhere safe where you can ride without worrying about other vehicles so you can master the essentials, including:

- Stopping – make sure you can stop quickly and safely if you need to.
- Turning – practice turning quickly and confidently to avoid objects or make a turn while riding at speed.
- Observation – practice looking over your shoulder and to your right and left while riding.
- Riding with one hand – lift one hand at a time off the handlebars and repeat until you can control your bike with either hand (this is so you can learn to signal turns with your hands).

WEAR A HELMET

Helmets help protect your head in case of the unlikely event of an accident. When putting your helmet on, make sure it fits properly. For it to fit properly, your helmet should sit horizontally on your head and shouldn't move about. Two fingers should fit tightly between your chin and the strap.

GLOVES

Your hands can be effected by the weather whilst cycling and can become cold and fatigued quite quickly - so we encourage you to wear a good pair of gloves to help you to cycle better.

LEARN TO USE YOUR GEARS

Gears make your cycling feel easier. The more you cycle, you will start to realise how changing gears either makes you work harder and go faster or spin easier but move more slowly. The goal is to use your gears to keep you cycling at a steady rhythm.

PEDAL AT A STEADY RHYTHM

When cycling you don't want to be spinning your legs manically or struggling to push the pedals. Ideally, you want to be pedaling at a steady rhythm which is more efficient, allowing you to improve your endurance.



BIKE SAFETY: THE 'M' CHECK

Regular 'ABC' Check that should be done before every ride

A = Air (inflated tyres?)

B = Brakes (front and rear OK?)

C = Chain (seizing, slipping or rusting?)

CHECK YOUR BIKE IS READY TO RIDE

Before setting off on your session, don't forget to undertake an M-Check of your bicycle to ensure it is safe to ride:

SADDLE

- Check it's secure
- Check it's the correct height (should be in-line with your hips)
- Check max extension mark
- Check seat post clamped/ bolted

BRAKES

- All components are tight
- No frayed cables
- Brake pads clear from the rim
- No excess pull required with the levers
- Brake levers easily accessible

HANDLEBARS

- Align with front fork
- No movement or swaying

GEARS

- Derailleur is clear of spokes
- All gears can be selected
- Ensure gears don't slip

FORKS AND FRAME

- No cracks or holes
- No wrinkling paintwork or rust

CHAIN

- Chain remains on sprockets
- No excessive play in the chain
- No sign of rust or stiff links

TYRES

- Check the condition (not worn or cracked)
- Check pressure

BOTTOM BRACKET

- Hold pedal crank arms and check there's no side-to-side movement

FRONT WHEEL

- Check wheel nuts and quick release levers are secure and the wheel sits centralised in fork
- No spokes missing or loose
- Wheels roll smoothly
- Rims running free



SOFA2SADDLE SCHEDULE

Session	Duration (mins)	Distance (KM)	Pace (kph)	Route Type	Terrain	Type of Cycle
1	30		9kph (6mph)	Traffic free or quiet lanes.	Tarmac paths. Hard packed shale. Predominately flat.	Mixed Adapted Cycles
2	45		Average 10.5kph (6.5mph)	Traffic free or quiet lanes.	Tarmac paths. Hard packed shale. Predominately flat.	Mixed Adapted Cycles
3	60	10km	Average 10.5kph (9mph)	Traffic free or quiet lanes.	Tarmac paths. Hard packed shale. Predominately flat.	Mixed Adapted Cycles
4	60	12km	Average 15kph (8-10 Mph)	Traffic free or quiet lanes.	Tarmac paths. Hard packed shale. Predominately flat.	Mixed Adapted Cycles
5	90	14km	Average 15kph (9mph)	Traffic free or quiet lanes. Some main roads to link route for short periods.	Tarmac paths. Hard packed shale. Predominately flat. Introducing some short hills.	Mixed Adapted Cycles
6	90	16km	Average 15kph (9mph)	Traffic free or quiet lanes. Some main roads to link route for short periods.	Tarmac paths. Hard packed shale. Predominately flat. Introducing some short hills.	Mixed Adapted Cycles