

Feel more alive

Pick your challenge

The pace of two wheels allows you to absorb every sight and sound, every delicate smell and flavour, making cycling one of the best ways to explore a country. Our range of cycling trips is growing all the time from gentle rides along the Danube to taking on the Etape de Tour. Whatever you select as your challenge, preparation will be key, so the riding feels like a breeze and you can enjoy all that is on offer.

To match our growing variety of trips we have come up with a fitness plan to help you prepare. There are stretches to get you warmed up, help with your flexibility and keep you free from injury, and then there are 3 strength training plans increasing in intensity relative to your fitness and intended holiday. Our full Cycling Fitness Guide is online at www.exodus.co.uk/cycling or you can scan this QR code.

Here, we feature a selection of stretches and strength exercises from each training plan in the fitness guide to get you started. So, whether you are planning to freewheel along the banks of the Loire River, climb the Himalaya or race like Wiggo, we have something to help you achieve your goal.



Charlotte Taylor
Product Executive



Take it on - one world, two wheels!

STRETCHES

DOWNWARD DOG

An all-in-one stretch for the whole back line of the body. Push through the shoulders so your bottom is pushed back, creating an inverted "V" shape and the stretch can be felt through the back and hamstrings. Keep your hips high and your heels pushed down. Hold for 5-10 seconds and repeat 2-3 times.



KNEELING QUAD - HIP FLEX OR STRETCH

On one knee, drop forward towards the front knee. The idea is to stretch the quad and hip flexor: relax the hips as much as possible to allow this to happen. It may also help to reach the arm of the leg you're stretching up and over your head. Hold for 15-20 seconds and switch sides. Repeat 2-3 times.



LYING QUAD STRETCH

Lying on your front, grab hold of one ankle and squeeze the hip into the ground, lifting the knee off if you want to add more stretch. If you can't reach your foot use a towel looped around to hold on to it. Hold for 15-20 seconds and switch sides. Repeat 2-3 times.



LYING SPINAL ROTATION

Lie on your back, with your knees bent and feet flat on the floor. Stretch both arms outwards along the floor and slowly drop your knees to one side, taking the head in the opposite direction. Breathe into the stretch to release all tension from the back and neck, and only take your knees as far as you can before the shoulders start pulling off the ground. Rotate slowly to the opposite side and repeat for 8-10 rotations.



STRENGTH 2

OFFSET PRESS-UP

Similar to a normal press-up but changing your hand position. Variations include: point the hands to the left or the right, put one in front of the other, one out wide etc. Repeat for 3 sets of 10 repetitions, with 1-2 minutes rest in between each set.



Progression/Alternative

Too easy: do more repetitions or find more challenging combinations of hand positions.

Too hard: keep the off-set hand position but down onto your knees.

SIDE STEP UP

Stand side-on to a bench, place the nearer foot onto the bench then step up onto it and lower down slowly with control. Try to land as quietly as possible. Keep a strong back and try not to push off the back foot. Repeat for 3 sets of 10 repetitions on each leg.



Progression/Alternative

Too easy: step up onto a higher bench or add weight e.g. dumbbells or a medicine ball or a rucksack.

Too hard: do fewer repetitions or step up onto a lower step.

ROTATIONAL CRUNCH

Lie on your back, feet in the air with hip and knee at right angles. Sit up and rotate your elbow towards the opposite knee and return to middle and repeat for 3 sets of 10 repetitions each side.



Progression/Alternative

Too easy: do more repetitions!

Too hard: don't sit up or rotate quite as far.

If you can manage these exercises, you're ready for these trips:



Petra & Wadi Rum by Bike

Trip code MXW • Brochure page 61

- Cycle through spectacular desert scenery
- Float in the Dead Sea
- Spend two full days in Petra
- Camp under the stars in Wadi Rum



Cycle the Adriatic: Venice to Porec

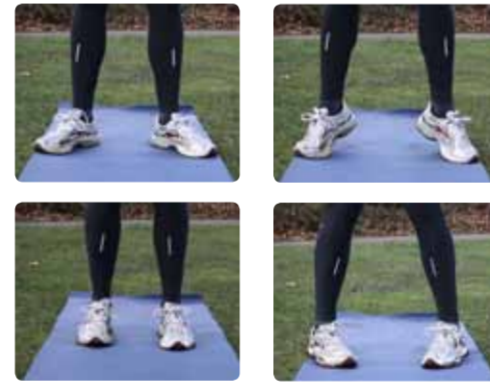
Trip code LSP • Brochure page 29

- Self-guided trip through 3 countries
- Ride at your own pace
- Visit the stunning city of Venice
- Follow the idyllic Istrian Peninsula

STRENGTH 1

3 WAY CALF RAISES

Standing with your feet hip-width apart and toes pointing out, lift your heels up as high as they will go and then lower yourself down with control. Repeat 15 times then change your feet to pointing forward for another 15 repetitions, and then point the toes in for 15 repetitions.



Progression/Alternative

Too easy: carry weight or increase the number of repetitions to 20.

Too hard: start with fewer repetitions and work up to 15.

PLANK WITH ARM/LEG LIFTS

Hold a plank position for 30 seconds, lifting either an arm or a leg off the floor every 5 seconds and alternating arms/legs. Make sure that you hold the plank straight throughout and do not let your hips sag.



Progression/Alternative

Too easy: extend the plank hold to 45 seconds or try lifting the opposite arm and leg at the same time.

Too hard: drop to your knees for a half plank or hold the full plank but do not lift the arms/legs.

SKIPPING

Skip for up to 2 minutes using a skipping rope.



Progression/Alternative

Too easy: skip faster and/or for longer.

Too hard: Try jumping jacks (star jumps) instead of skipping.

STRENGTH 3

SINGLE LEG SQUATS

Standing on one leg, lower yourself onto a bench and then push back up again through the heel. Try not to collapse onto the bench; touch down lightly and then push up. Keep your heel pushed into the ground and your core muscles engaged. Repeat for 3 sets of 10 repetitions each leg.



Progression/Alternative

Too easy: do the squats free standing without a bench, or use a lower bench.

Too hard: lower yourself down on one leg and stand up on two.

V-SITS

Lie down straight, legs extended and arms above your head. Lift your arms and legs towards each other at the same time as straight as you can then lower back down. Repeat for 3 sets of 10 repetitions.



Progression/Alternative

Too easy: hold the V position for 1-2 seconds before lowering the arms and legs.

Too hard: lift your arms to your legs and hold them at the top.

LATERAL BURPEE (SQUAT-THRUST)

From a standing position, drop into a squat with your hands on the ground. Jump your feet back to a plank position then back to the squat position and jump up to standing. As you jump up, jump sideways to your left over a mat. Do another burpee, this time jumping sideways to your right at the end. Do as many burpees as you can alternating sides for 45 seconds and repeat for 3 sets.



Progression/Alternative

Too easy: add a press-up into the burpee from the plank position.

Too hard: remove the lateral jump and start with just straight burpees.

If you've moved on to these exercises, then consider one of these trips:



Mountain Biking in Croatia

Trip code MVC • Brochure page 98

- An off road trip through stunning mountains
- Spectacular Plitvice Lakes
- Ride on the Dalmatian island of Pag
- Spend a night high in the Velebit National Park



Southern India Coast to Coast Ride

Trip code MIT • Brochure page 79

- Ride from the Bay of Bengal to the Arabian Sea
- Cycle through two distinctive Indian states
- Sample delicious local cuisine
- Full day/night on a traditional Kerala houseboat

If you're up to here, you're ready for the toughest trips we offer:



Tour de France Special

Trip code MWW • Brochure page 89

- See the world famous cycle race from the roadside
- Watch a stage start and finish and a time trial
- Ride the same climbs as the professional riders
- Stunning scenery and fantastic atmosphere



Manali to Leh Ride

Trip code MIH • Brochure page 107

- One of the most spectacular journeys on earth
- Cross two of the highest road passes in the world
- 2000m descent from the Khardung La back to Leh!
- See ancient Buddhist monasteries