



HWANGE ADVENTURE CYCLE

PUMPING LEGS FOR WATER 2022

HWANGE NATIONAL PARK: 6th August – 9th August 2022

Bike - Compulsory kit

<u>Item</u>	<u>Qty</u>	
1 Helmet	1	<input type="text"/>
2 Serviced bike	1	<input type="text"/>
3 Pump	1	<input type="text"/>
4 Puncture repair kit	1	<input type="text"/>
5 Spare tubes	2	<input type="text"/>
6 Water bottle	2	<input type="text"/>

Bike - Recommended kit

7 Allen key set	1	<input type="text"/>
8 Camel pack	1	<input type="text"/>
9 Chain breaker	1	<input type="text"/>
10 Slime & or tyre liners	2	<input type="text"/>
11 Cycling shorts	2	<input type="text"/>
12 Sun-block FPS30	1	<input type="text"/>

Useful - Mini First Aid Kit

<u>Item</u>	<u>Qty</u>	
Adhesive Strap RIGID 50mm	1 roll	<input type="text"/>
Gauze Dressing Pads	1 pkt	<input type="text"/>
Wound Dressing	1	<input type="text"/>
Paracetamol Tablets	10	<input type="text"/>
Disprin Tablets	10	<input type="text"/>
Ibuprofen Capsules 400mg	10	<input type="text"/>
Valoid Tablets	10	<input type="text"/>
Imodium Capsules	10	<input type="text"/>
Betadine Ointment	1 tube	<input type="text"/>
Mercurochrome Solution	50ml	<input type="text"/>
Petroleum Jelly	50ml	<input type="text"/>

Bike - Good Idea!!

Light weight, high energy foods such as:- Power Bars, Nuts & Raisins, Dried Fruit, Biltong, Jelly Babies, Energy Drink, Gels, etc.

Some alternatives: Apples, bananas & boiled potatoes

Training:

The most important aspect of training is to understand **how long you will be in the saddle**

A mountain biker with limited experience off-road will average +/- 12km/h

Day 1: 55km/day at 12km/h = 4 hours & 30 minutes on the bike (plus 30mins stop at water point = 5hrs)

Day 2: 55km/day at 12km/h = 4 hours & 30 minutes on the bike

Rule of thumb

8 weeks before the ride

You should be able to complete 50% to 60% of the race distance or time

i.e. 27 to 33km or 2.25 to 2.7 hours in the saddle

with one back to back training session e.g. Saturday & Sunday

4 weeks before the ride

You should be able to complete 75% of the race distance or time

i.e. 41km or 3.1 hours in the saddle

with one back to back training session e.g. Saturday & Sunday

Remember when you train: 20km on road = 10km off road

