



HEALTHY KNEES
COACH

Create your Adventure Cycle Tour Checklist

Answering these questions will help you create the best bicycle adventure for you!

Goals:

- What's your Purpose?
 1. Sightseeing
 2. Meeting Others
 3. Big Miles
- Choose Your Style
 1. Full Support
 2. Some Support
 3. Self-Supported
- Choose Your Ride Type
 1. Full Support
 2. Some Support
 3. Self-Supported
- Choose Your Ride Intensity
 1. Casual and Flat
 2. Mix of Hills & Flats
 3. Rigorous Hills
- How Far & How Hard? Daily Miles
 1. 15-30 miles
 2. 30-45 miles
 3. 50+ miles
- Bike Gear – beyond the bike
 1. Saddle
 2. Bags & Clothes
 3. Tools & Repairs
- Safety Tips for riding in a group
 1. How to look over your shoulder and not swerve
 2. Drafting and distance
 3. Responsibilities of riders in the group
- Training for your Adventure
 1. Create your bicycle training plan
 2. Strength training to support
 3. Hydration – getting enough & electrolytes