



HOW TO TACKLE THE YORKSHIRE BEAST

THE MOST FRIGHTENING RIDE IN YORKSHIRE

SUNDAY 27TH MAY

A GUIDE BY



DAVE LLOYD
COMPLETE COACHING

200
MILES

5000M
CLIMBING

VELO29
/// CYCLING EVENTS

PRIMAL

WWW.VELO29EVENTS.COM

**ULTRA
SPORTIVE**

BATTLING THE YORKSHIRE BEAST

We wanted to put together some tips for taking on one of the biggest challenges on a bike you're likely to ever encounter and who better to work with on this than top coach, ex professional and living legend, Dave Lloyd.

Now in his 60's Dave still rides 35,000 miles a year so preparing and getting through a day like the Beast is unbelievably a regular thing for him!

In Dave's pro career he racked up 220 wins at the highest level and had fate been kinder would have been a household name in the era of Roache and Kelly.

You can read a lot about Dave Lloyd's career here www.davelloydcoaching.com and learn about his domination of UK racing in the late 70's, a period where he won 125 of the 133 races he rode, finishing 2nd in the other 8 and where in 1981 he beat triple TDF winner Laurent Fignon by 7 minutes in the Isle of Man TT!

Dave has kept up with changing techniques, trends and nutrition and has put together this guide for us to help you battle the Yorkshire Beast!!

The Day Before

There is only one thing to concentrate on today and that's REST. The most you should do is maybe 1 hour spinning outside or on the Turbo in very small gears. It's all about rest, staying off your feet, and fuelling your body for tomorrow, the day of the BEAST!

While I'm on the subject of getting ready. I find it a very good idea to get the Profile off the website and mark off all the main climbs and the feed stations and fold that in half, so you have the first and last 100 miles in view if you then laminate the Profile. It makes for a great orientating plan and can easily compare to your Garmin or whatever computer you use.

I would eat a substantial evening carb meal and eat potatoes, rice or pasta with chicken or fish, avoid red meat, avoid salad. They slow down the digestion process dramatically. Then I'd be grazing all evening on Carbohydrate and hydrating. I'd also be early to following as close to possible as your normal sleep routine.

Check the bike, there won't be time on the morning to solve any issues and it will be dark! If storing/transporting in your car be even more careful than usual to not bang a gear or brake component.

Bag packed, Garmin and phone charged, bed!

The Day of the Beast

Have a really good, but not heavy breakfast. I would have porridge with loads of honey mixed in (I am a huge fan of honey as an easily absorbed source of energy... **INSTANT ENERGY** I call it. Honey is much underrated as a fuel). Then tea with honey and maybe scrambled eggs on toast or jam on toast or whatever takes your fancy and is available.

Porridge will be available on site as well as some breads however if you have specifics, please bring these.

Before I chat about what to eat on the Beast at the designated feed stops, just a general note that I give to my clients about eating at any Sportive as follows;

One thing you really need to avoid on this **LONG Sportive** is what I call 'bonking' out or getting the 'knock' in cycling parlance. In other words, running out of Glycogen. I'm not sure if this has happened to you, but if you have you will know the feeling of the tank being 'empty'. This can be dangerous and can put you back, as it takes a long time to recover from such an episode. So this is to warn you against this ever happening. You should also take along plenty of fluid. Take a Carbo drink with you at about 7-10% strength and no stronger. This will aid absorption, anything stronger will take too long to absorb. You should drink at the same time that you eat, **LITTLE AND OFTEN!!**

I have some strong advice on drinking which could be contrary to what you've previously heard.

Whilst drinking the right amount is absolutely essential over drinking can be just as bad as under drinking. If you over-drink you will lower your Sodium levels and that can lead to bad things happening to your body. It can lead to you going dizzy and at worst passing out. Use some common sense and drink little and often, adjust the quantity based on the temperature and your effort.

Just another few tips, before I get down to the nitty gritty of the YORKSHIRE BEAST, If you are prone to cramping, as you will still sweat, even on the coldest days, take a bottle of an electrolytic drink. You could also mix this with your Carbo drink if you wish. Don't get caught out. Another thing to watch for is the cold. Always keep warm, especially your head. More heat is lost through your head than anywhere. Put a rain cap, or skull cap that also covers your ears under your crash hat or a piece of plastic, anything to stop the top of your head losing heat. Always protect your extremities, there's nothing worse than cold hands or feet. Dress based on the weather, not on the time of year and optimism! There is nothing more demoralizing than having your 'core temperature' dropping too low, or your extremities freezing up!

Beating the Beast!

So, how are you going to get through the 200 miles and 15,000 feet of the Yorkshire BEAST? Well, firstly, you are definitely going to have to know your limitations, and to pace yourself. This means either you know your body, or you are going to have to use your Garmin to keep your heart Rate in Zone 2 for a few hours, so if anyone starts like a 10 mile Time Trial, you are going to have to let them go and you WILL see them later, I promise.

200 miles is a serious distance and you HAVE to take the hills into account. There are 5 food stops, and they will be your savior in an event like this, but again, as pacing your effort, you will need to pace your eating and drinking. Please don't eat for the sake of it and make yourself sick. Remember my watchwords LITTLE and OFTEN. Don't forget to eat and drink, BUT little AND often. You must keep hydrated, but not OVER hydrated and the Glycogen level topped up, but not so much you can't absorb the goodness you are eating and you become bloated. You have to use control and common sense. Eat and drink on the descents, there are plenty of them. When you are climbing your body wants all the energy for the climb, so eat and drink when you are going down the other side and your body is recovering.

Now, What To Eat During The Ride

For the first 100 miles or so, I would be stopping at every feed station and take on Bananas, Malt Loaf, Fruit Cake etc. Substantial food that you can enjoy but takes a bit of digesting and is “SLOW RELEASE” energy. I am a huge fan of Honey, so I would take a small plastic tube of Honey in my pocket I could use now and then I the first 100 miles.

In the second 100 I would be using more honey and electrolytic drinks. I would also look for easily digestible food, like Gels, Energy bars and the like, but again LITTLE AND OFTEN!

The last food station I would take on CAFFEINE gels, this would be the first time I would use Caffeine the whole day, just for the extra buzz I'd get from it as by now you'll be very tired and want things that absorb very quickly, so personally I would use gels and the occasional Energy bar just to top that Glycogen up and just be hanging on to any energy I have left. That's where CAFFEINE can come into it and hopefully your adrenaline will get you up the last few climbs and Gels will help a lot over these last miles. BUT if you can get hold of honey as well, this will be some more instant energy and can really get you out of any hole. I love it and it's a real saviour when energy levels are getting very low.

What To Eat After the Event

Of course, you will have done a **FANTASTIC** ride to just finish this **BEAST** and you'll need a nice hot cup of tea (with honey) and a great shower and a **REST!** **BUT**, you'll also need to eat within 30 to 45 minutes of the finish and this should consist mainly of good digestible Protein as in chicken, fish, cheese, whatever and some carbohydrate, as in rice, pasta, or just plain old bread. Just give your body time to rest for a bit, but you must **EAT** and drink to replace some of the fuel you have gobbled up. You need to get protein down you to restore those damaged muscles, and even a few stretches wouldn't come amiss if you are prone to cramp.



Last Words from Dave

- Be sensible
- Watch the weather
- Dress appropriately
- Eat and drink **LITTLE** and **OFTEN**.
(Hopefully that'll be in your brain now)

Oh, and I nearly forgot... **ENJOY!!!**

(GET A GOOD COACH!!)
AIN'T NO REWIND!

Dave Lloyd

