

# Most Exotic Bicycle Tour: 6-Week Training Plan

Congratulations on taking on this incredible challenge—the **Most Exotic Bicycle Tour 2024!**

This 250km ride across Goa is not just a test of physical endurance, but a journey of compassion, determination, and purpose. For the past seven years, this incredible event has united cyclists to pedal for a cause, raising over £2.5 million to date.

The funds raised through your efforts will support initiatives that keep children safe from violence, abuse, and exploitation, empowering them to thrive in environments where they can grow and succeed. Your dedication to this cause will help create a world where every child has the opportunity to live a life of dignity, free from fear and harm.

To ensure you're fully prepared for this challenge, we've designed a comprehensive six-week training plan. This programme will help you build the stamina, strength, and skills needed to complete the ride with confidence and enjoyment.

We're here to support you every mile of the way, helping you to make the most of this incredible journey.

**Together, let's ride with purpose, passion, and a commitment to making a lasting difference in the lives of children who need it most. Best of luck and let's get started!**



*It's been incredible to see the culture and experience it firsthand. It's been one of the hardest things I've done, but the cause makes it all completely worthwhile.*

Harry Seale- Participant (2023)

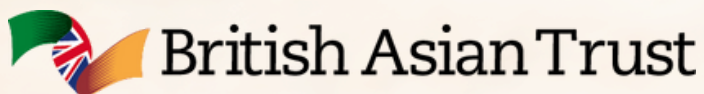




12 October - 17 October 2024



  
@MostExoticBicycleTour



## Arjun's Story

Arjun faced a devastating start to life; after his father passed away, he was kidnapped at age five by a gang that forced him into begging.

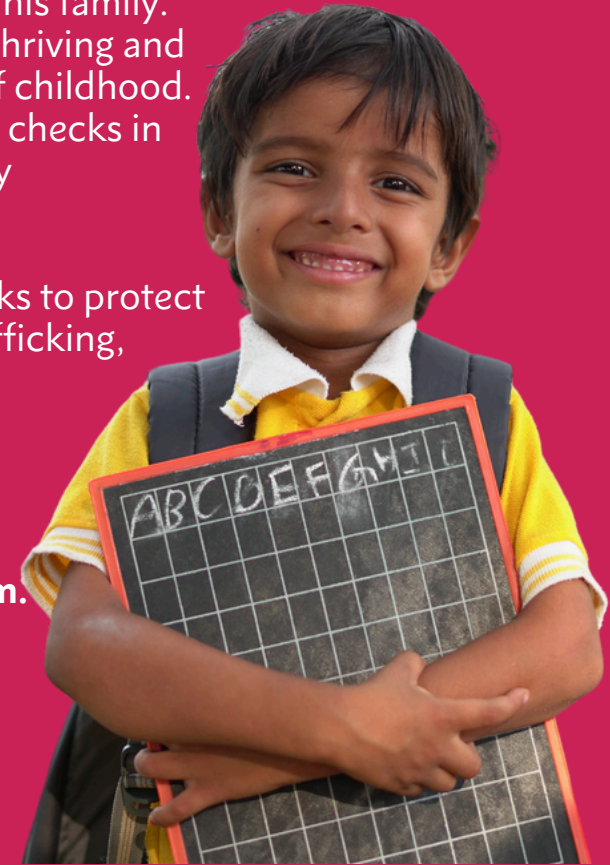
For five years, he roamed the streets, handing over his earnings daily, until the police rescued him at age 10. Though free, Arjun struggled to adjust to life off the streets.

He was placed in a shelter in Jaipur run by a partner of the British Asian Trust. There, he began receiving much-needed counselling and slowly started to recall his past, including his family in Jaipur. We traced his brother and helped reunite the two. Despite learning of his mother's passing, Arjun found solace in reconnecting with his family. Now in class nine, Arjun is thriving and enjoying a renewed sense of childhood. The team still intermittently checks in with him to ensure his safety and progress.

The British Asian Trust works to protect children like Arjun from trafficking, forced labour and abuse.

**Your support can help to protect countless more vulnerable children from exploitation and harm.**

*Names have been changed;  
Arjun not included in photograph.*



# Training Plan Outline

**Week 6:** Choose a cycle route that will be the best fit for your training. 1 x 5-mile cycle ride, 2 x 10-mile cycle ride.

**Week 5:** 1 x 10-mile cycle ride, 2 x 15-mile cycle ride (one on a steep gradient).

**Week 4:** 1 x 15-mile cycle ride, 2 x 20-mile cycle ride, 1 x cross training, resistance training or spin class.

**Week 3:** 1 x 20-mile cycle ride, 2 x 25-mile cycle ride (one on a steep gradient). Use the weekend to see how you feel doing two consecutive days of cycling.

**Week 2:** 1 x 25-mile cycle ride, 2 x 30-mile cycle ride, 1 x cross training, resistance training or spinning class.

**Week 1:** 2 x 10-mile cycle ride, 1 x cross training, resistance training or spinning class.





# Full Training Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 6	01-Sep	02-Sep	03-Sep	04-Sep	05-Sep	06-Sep	07-Sep
	Source a good circuit that provides the best fit for the challenge. Complete your first 5-mile cycle ride!	Relax and stretch	Double the distance and challenge yourself to your first 10-mile cycle ride	Relax and stretch	Relax and stretch	20-minute leg workout – at home or at the gym	Repeat the 10-mile cycle ride you did earlier this week and give yourself a pat on the back for completing your first week of training!
Week 5	08-Sep	09-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep
	Relax and stretch	Start your week with a 10-mile cycle ride	Relax and stretch	Amp it up with a mid-week 15-mile cycle ride	Relax and stretch	Relax and stretch	Challenge yourself to a 15-mile cycle ride on a steep gradient
Week 4	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep
	Relax and stretch	You're a pro at this by now – complete your next 15-mile cycle ride	Mix it up with a cross training, resistance training or spin class	Relax and stretch	Back on the bike with a 20-mile cycle ride – you got this!	Relax and stretch	Get into gear with your second 20-mile cycle ride of the week
Week 3	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep
	Finish the week strong with another 20-mile cycle ride (use the weekend to see how the body copes with two days of cycling one after the other, as in Goa)	Relax and stretch	Time to up the ante with a 25-mile cycle ride – you can do this!	Relax and stretch	Relax and stretch	Take on the challenge and work those legs – complete your second 25-mile cycle ride of the week on a steep gradient	Get a sports massage
Week 2	29-Sep	30-Sep	01-Oct	02-Oct	03-Oct	04-Oct	05-Oct
	Gear up for another 25-mile cycle ride	Relax and stretch	Relax and stretch	Take on a cross training, resistance training or spinning class	Relax and stretch	Get ready for a 30-mile cycle ride today which will give you a taste for the distance you will be covering on a day in Goa	Complete the same 30-mile cycle ride to replicate two consecutive days of cycling in Goa
Week 1	06-Oct	07-Oct	08-Oct	09-Oct	10-Oct	11-Oct	12-Oct
	Relax and stretch	Bring it down a notch and complete a steady 10-mile cycle ride	Complete your final cross training, resistance training or spinning class	Get in one last 10-mile cycle ride ahead of your trip!	Relax and stretch	Put your feet up and relax as you travel to the paradise of India, Goa	Arrive in Goa where the bike tour begins – Rest and fuel for your first day of cycling
Cycling days are 13 – 16 October – Best of luck! Have fun. Get fit. Make a difference.							