

Welcome to the JPMorgan September Challenge

Deskto 50km ride

J.P.Morgan





Disclaimer

- Please note that any session participation is done entirely at your own risk
- If you suffer from any medical conditions, you should seek medical advice before taking part
- Neither Nuffield Health nor JPMorgan accept any liability for any injuries or losses whatsoever that you sustain whilst participating in this class (unless in the instance that we are negligent), and Nuffield Health and JPMorgan each exclude our liability to the fullest extent permitted by law
- Please make sure you are able to complete warm ups and exercise in a safe and timely manner, and that you have an adequate space within which to do so – we will give different options for you to follow at your own level and pace
- Please make sure you have water with you, stop for a break if needed and carry out the sessions in a suitable and safe environment
- If you feel dizzy or unwell during any session you should stop immediately and, if necessary, seek help or medical advice
- You may be required to download third party software and/or use third party IT platforms in order to participate in the sessions, which you do entirely at your own risk
- Neither Nuffield Health nor JPMorgan are liable for any security and/or technical issues that you may incur as a result of streaming, downloading, accessing or otherwise using third party software and we give no assurances that the streaming will be uninterrupted or error-free.

Programme journey

Programme overview and what to expect.

Don't worry, you won't take on this journey alone.

We will be on hand to help guide and support you along the way.



Introduction



Scan to sign-up



Getting started



Expert guidance



Midway Q&A



8 week plan

Move more!

The importance of movement, the consequences of too much sitting and strategies for intervention.

Being highly sedentary

Includes sitting during commuting, in the workplace, the domestic environment and during leisure time.

- 49% increased risk of all-cause mortality
- 90% increased risk of cardiovascular mortality
- 112% increased risk of diabetes
- 147% increased risk of cardiovascular disease.

Research shows that:

Since 1960:

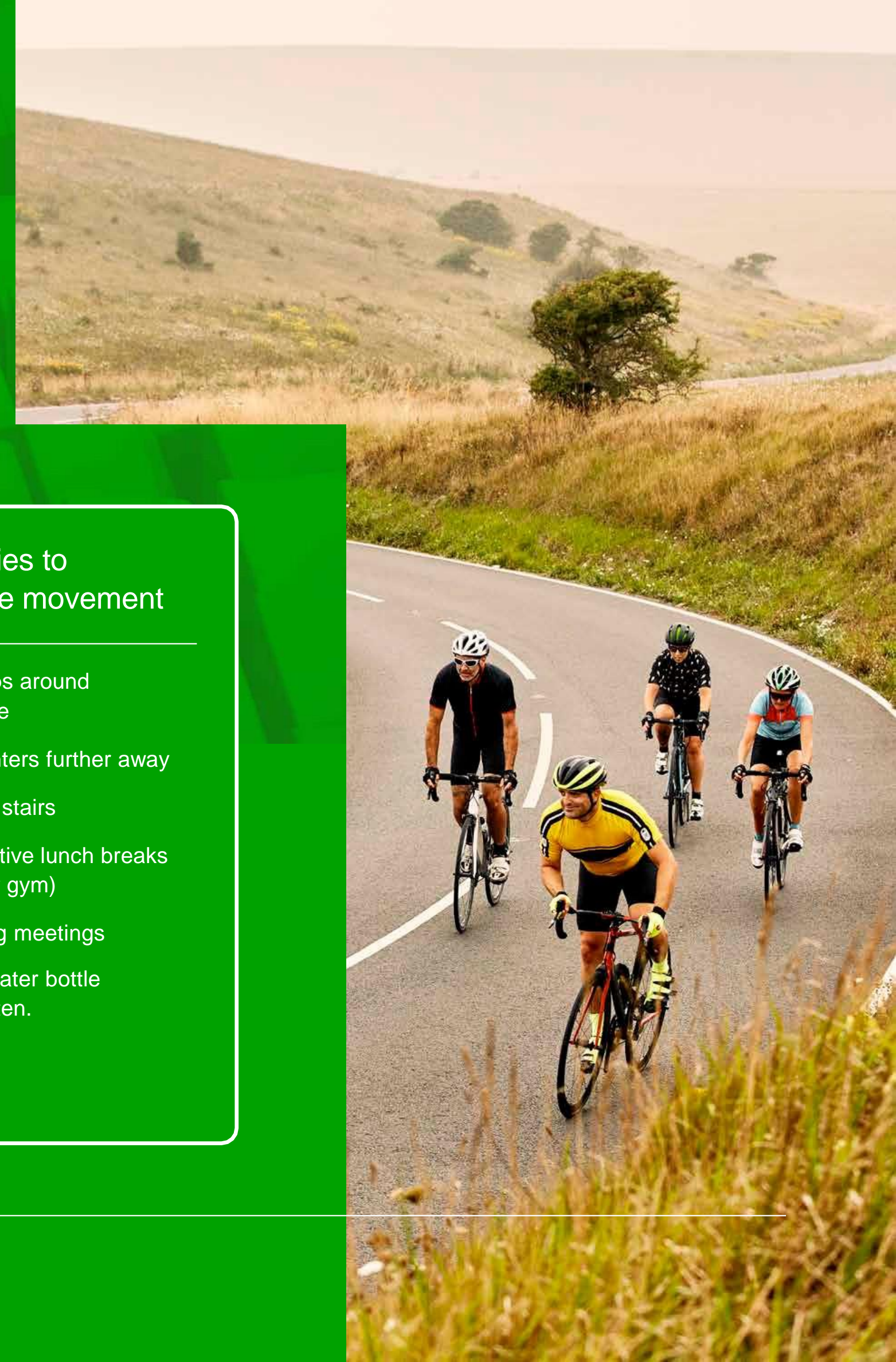
- Estimated energy expenditure loss at work has been 175 kcal/day (Church et al 2011)
- 20% reduction in physical activity, which could be 35% by 2030 (Ng et al 2012)
- Reduction of walking by 60 miles/year (Fox et al 2007).

There is good evidence showing:

- You need as much as 60-75 minutes of moderate intensity activity to combat the dangers of sitting for prolonged periods of time.
- Breaking up sitting time lowers disease risk.
- Sitting for prolonged periods of time can contribute to increased lower back pain due to shortened tight muscles.

Strategies to increase movement

- Walk laps around the office
- Use printers further away
- Use the stairs
- More active lunch breaks (Walk or gym)
- Standing meetings
- Fill up water bottle more often.



Getting started

Cycling can be a great form of exercise, it is non weight bearing and can act as a great form of cardiovascular and strength training!

Whether you tackle this challenge indoors on a stationary bike, or go outdoors and take it to the roads, you will find it challenging yet achievable with a bit of hard work. Cycling will challenge your cardiovascular system and help to build strength and endurance in your leg muscles –which will in turn help burn up a lot of calories!



What equipment you'll need:

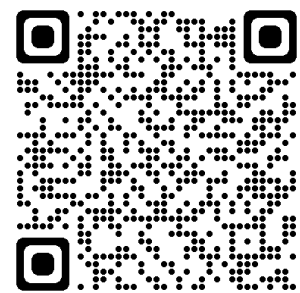
- Access to a bike
- Helmet (if out on the roads)
- Bottle of water
- Foam roller (optional).



Stretch and mobilise

- These low-impact routines for flexibility and mobility will help you prevent injury and improve your performance in other workouts.
- You can perform them both before and after exercise.

Top exercises and stretches to improve your cycling performance:



Track your rides with mapmyride from UnderArmour:

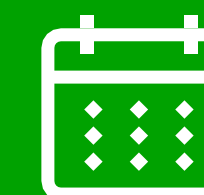
[Google Play Store](#)
[Apple App Store](#)



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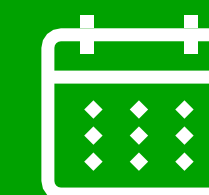
Training plan weeks 1-4



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<p>On your bike! Ride – 30 minutes</p> <p>Start with a comfortable ride, whether it's on a stationary bike or out on the road. Get yourself set up correctly and used to the feel of being on the saddle!</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 3 x 10 Press up – 3 x 10 Step Up – 3 x 8 each leg Back Extension – 3 x 10 Plank – 3 x 20 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help relax muscles and detoxify</p>	<p>Specific session Ride – 30 minutes</p> <p>Increase the intensity of this ride, focusing on maintaining a consistent pace. Try to include a few short inclines along the way.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Focus on static stretching where you stretch and hold for 60 seconds or more. This will help to relax the muscles and promote fresh blood flow ready for Sundays big session.</p>	<p>Specific session Ride – 45 minutes</p> <p>Include some steeper inclines on this ride, get out of the saddle a few times and test the legs going uphill.</p>
2	<p>Active recovery Ride – 15 minutes Walk – 15 minutes (minimum)</p> <p>Take the ride super easy just focusing on bike handling, then follow with a gentle walk to loosen the legs.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x10 Press up – 4 x 10 Step Up – 4 x 8 each leg Back Extension – 4 x 10 Plank – 4 x 20 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Ensure you complete some foam rolling to help promote recovery and break down muscle knots.</p>	<p>Specific session Ride - 45 minutes</p> <p>Try to increase the pace on this ride, include some short hills where you have to get out of the saddle to climb.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help relax the muscles and detoxify.</p>	<p>Specific session Ride – 45 minutes</p> <p>Increase the intensity of this ride, keep it predominantly flat and aim for speed.</p>
3	<p>Active recovery Ride – 20 minutes Walk – 20 minutes</p> <p>Cruise on the bike, taking in the scenery. Keep the intensity low.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 12 Press up – 4 x 12 Step Up – 4 x 10 each leg Back Extension – 4 x 12 Plank – 3 x 30 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Focus on some static stretching where you control your breathing throughout the stretch. Holding your breath will make you tighten up which is the opposite in what we are trying to achieve.</p>	<p>Specific session Ride – 60 minutes</p> <p>Include some steeper climbs and focus on maintaining a consistent pace. Get used to pushing the pace but not going too far into the red.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>If possible try to go for a long walk to help promote blood flow before you stretch and foam roll.</p>	<p>Specific session Ride – 60 minutes</p> <p>Keep this ride predominantly flat and look to increase your speed.</p>
4	<p>Active recovery Ride – 30 minutes easy</p> <p>Take this ride easy just turning the legs over. Keep well within your comfort zone.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 15 Press up – 4 x 15 Step Up – 4 x 12 each leg Back Extension – 4 x 15 Plank – 4 x 30 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Now may be a good time to get a sports or deep tissue massage to help relax sore muscles and promote recovery.</p>	<p>Specific session Ride – 75 minutes</p> <p>Find some tough hills on this climb, hit them hard and recover for 5-10 minutes after the descent whilst still slowly cycling.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Focus on static stretching where you stretch and hold for 60 seconds or more. This will help to relax the muscles and promote fresh blood flow to the muscles ready for Sundays big session.</p>	<p>Specific session Ride – 75 minutes</p> <p>Speed ride. The target here is to push and hold a strong pace. Keep it relatively flat.</p>

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Training plan weeks 5-8



Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	<p>Active recovery Ride – 40 minutes</p> <p>Keep the pace steady and focus on technique.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 15 Press up – 4 x 15 Step Up – 4 x 12 each leg Back Extension – 4 x 15 Plank – 3 x 40 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help relax muscles and detoxify</p>	<p>Specific session Ride – 90 minutes</p> <p>Incorporate some longer hills and push the pace on the flatter sections.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Try to take a complete mental break at this stage, if you want to stretch and foam roll then go for it but a mental break at this stage will be useful.</p>	<p>Specific session Ride – 90 minutes</p> <p>Flatter ride. Keep the pace high and push your comfort zone on this ride.</p>
6	<p>Active recovery Ride – 50 minutes</p> <p>Take this ride very easy. Sunday should have been a tough ride so make sure you stay well within your comfort zone here.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 3 x 20 Press up – 3 x 20 Step Up – 4 x 15 each leg Back Extension – 3 x 20 Plank – 4 x 40 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Focus on static stretching where you stretch and hold for 60 seconds or more. This will help to relax the muscles and promote fresh blood flow ready for Sundays big session.</p>	<p>Specific session Ride – 1.45 hrs</p> <p>This session should involve rolling hills with plenty of uphill kilometres. Try not to rest for too long before the next hill.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Try to complete some stretching and foam rolling to help relax muscles and detoxify.</p>	<p>Specific session Ride – 1.45 hrs</p> <p>Keep this ride flatter but still incorporate some longer up hill sections. 6 weeks in and you will feel you have the strength to do this.</p>
7	<p>Active recovery Ride – 60 minutes</p> <p>You will feel these active recovery rides naturally getting faster as you become stronger on the bike. Remember not to go too hard though.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 4 x 20 Press up – 4 x 20 Step Up – 4 x 15 each leg Back Extension – 4 x 20 Plank – 3 x 50 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>You may be feeling tired this week, so make sure you keep up the stretching to help with recovery.</p>	<p>Specific session Ride – 2hrs</p> <p>You have plenty of time out on the bike in this session, so go hunting for some tough long hills to test the fitness you have been building up.</p>	<p>Rest</p> <p>Try to remain active throughout the day and complete some stretching either in the morning or evening</p>	<p>Rest</p> <p>Ensure you relax as much as possible throughout the day. Go for a long walk to help promote blood flow.</p>	<p>Specific session Ride – 2 hrs</p> <p>Thursdays session was about climbing, so make this one about speed. Try to see how far you can go. Take it easy when needed but push the limits.</p>
8	<p>Active recovery Ride – 70 minutes</p> <p>Deload week this week, so take this ride steady.</p>	<p>Strength & Conditioning</p> <p>Bodyweight Squat – 5 x 20 Press up – 5 x 20 Step Up – 4 x 20 each leg Back Extension – 5 x 20 Plank – 3 x 60 seconds</p> <p>Take 60 seconds recovery between sets.</p>	<p>Rest</p> <p>Make sure you foam roll and stretch plenty, you want to be feeling flexible and ready for the challenge ahead.</p>	<p>Specific session Ride – 60 minutes</p> <p>Last tough session before the big 50km. This will be a 60 minute time trial where you should try to cover as much distance as possible.</p>	<p>Rest</p> <p>Last rest day so make sure you relax.</p>	<p>Active Recovery Ride – 30 minutes</p> <p>Very easy, very slow. Just keep the legs moving and make sure you stretch and foam roll afterwards.</p>	<p>Showtime! 50km ride.</p>

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Expert guidance

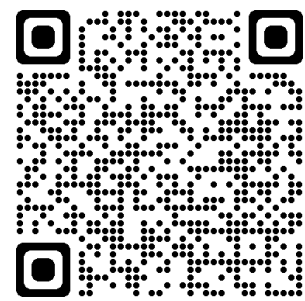
Challenges like these are designed to test you. That's why we are on hand to help guide you along the way.

Has it been a while since you were out on two wheels? Worried about staying safe on the busy roads? Or need some advice on how to steer clear of injuries?

Scan the QR codes to find out more information that will help you along your journey:



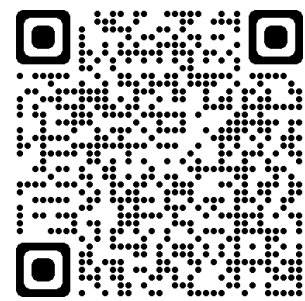
Staying safe on your bike



Getting back on your bike



Avoiding injuries during an event



Top up memberships

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