

## **Before the climb.**

- 1 - If you're eating do it 10 minutes from the foot of the climb.
- 2 - Drink plenty until 5 minutes from the climb.
- 3 - Concentrate on your breathing, big deep breaths, in through your nose, out through your mouth.
- 4 - At the foot of the climb, get into the gear that will take you to the top.

## **During the climb.**

- 1 - Get comfortable.
- 2 - Don't forget to breath.
- 3 - Set an even tempo.
- 4 - Breath.
- 5 - Stay relaxed, don't fight the bike or the climb.
- 6 - Breath.
- 7 - No fidgeting with gears or drink.
- 8 - Breath.
- 9 - Ride out the hill to the top.



**If you are going to attack:-**

## **DO IT ONCE, DO IT PROPERLY.**

Attack from the point you know you can make the summit.  
It doesn't matter if you are 2, 20 or 200 metres from the top, just so long as you know you can reach it, giving 100%.

