



# 0 – 50k in 49 days!

<b>no no no</b> - I can't do that	<b>FITNESS PROGRAMME</b> features	<b>yes yes yes</b> - I will do that
Never been on a bike for years!	<b>Easy routes</b>	I can build up strength
My bike is as knackered as me!	<b>Try it with friends</b>	I can be fitter
	<b>Picked up - dropped off</b>	I will be slimmer
I ain't wearing lycra!	<b>Test ride different bikes</b>	Picked up and dropped off
Cars are dangerous	<b>Two sessions a week</b>	Its cheaper than driving
I'm scared of the road	<b>Do it in easy steps</b>	Its quicker than walking
It's not for me	<b>Off road and quiet lanes</b>	Have a go for free
Don't want to get sweaty	<b>Basic mechanical service</b>	Nice easy pace
It would take too long	<b>Cheaper than a gym</b>	Be quicker if you want to
Don't feel safe on a bike	<b>Start slow and short</b>	Start from less than 4h / week
Don't have a bike	<b>Build up distance</b>	Develop skill and safety
Which bike could I use?	<b>No lycra required</b>	Bike hire available

**“I couldn't go 1k let alone five before I did 50k in 49 days!”**

# Seven weeks to 50k!

**Price from - including pick up and drop off - subject to availability and location**

**Privacy - your details recorded for GTTC marketing and not shared with anyone else**

**from £140**

assumes pick up and drop off within three miles and sessions in group of six with own bike