

TRAINING UPDATE – SIMON JACOBS LONDON-EDINBURGH-LONDON 26TH JULY 2009

Training is now getting harder – more miles, more time and a lot of pain! I am also trying to work out how much food I need to put away before enduring each ride as I seem to be disappearing fast! My legs now look more like those of a frog than ever – although not yet green.

The miles are extraordinarily tedious but our beautiful English countryside in April and May has helped to lift my spirits and keep me going. I am also listening to Lisa's Ipod which has an incredible number of songs on it – I can listen to songs beginning with G for several hours – which keeps me G'd up!!!! She has since explained to me about the Shuffle Songs button!

In my desperation I have decided on a new format – visiting my friends on the way round and setting off with no idea who I will be seeing today but allowing the road and impulse to dictate. So all of you out there watch out – a sweaty vision in lycra may be coming to your home soon!

As many of you know I am now doing a 9-5 job again, so training in the week has become much more difficult, so I have taken advantage of the staff in the office – or more to the point their shower facilities, and now get up before the larks to cycle to work, arriving on poor Ros' doorstep before breakfast. She's rather worried the neighbours will start talking as I seem to time my arrival to minutes after her husband Nick leaves for work!

My friend, Caroline Palmer who's a nutrition expert and sports trainer arrived at the weekend to give me a deep tissue massage – essential for my hamstrings I was told!!! She informed me my legs were in wonderful shape – what a relief! If she says so it must be

true. Apparently the key to all this is nuts – lots of them through the day, so Lisa is now buying industrial quantities of snacking nuts to get me through the training days.

Yesterday I managed to do just over 160 km in 7 hours (although with the visits counted in, it was just over 10 hours!!), and looming ahead, on the next bank holiday, I have a 400km ride booked – starting in the early evening and continuing through the night – I am dreading it and I am seriously starting to wonder about my own sanity!! In early July I will be doing a 600km one which will be the last big ride before the off on the 26th – will I ever make it?!!

Thank you to all those who have sponsored me to date – your support is essential and totally key in motivating me to do this training and raise the money for this fantastic cause. It keeps me going through some very dark moments!!

If you haven't yet sponsored me and would like to do so, you can go to my website at: www.justgiving.com/simonjacobs4waa where your donation can be gift aided and where you can leave any comments or words of encouragement(!).