

I asked Cat for help. I'd just had a winter of illness and study, and wanted to get 'cycle fit' again. Although my stamina came back quickly from just getting out on the bike, my speed had gone. I could still do 100 miles on the bike, but it was taking over 7 hours and I wanted to do it in under 6.

Cat quickly worked out what I wanted to do and what I needed to do – with the latter not following the former.

Wow, those sprint repetitions and strength jumps were hard – I never realized that "give it all you've got" would mean I had nothing left. But six weeks later... I may not be up to Mark Cavendish standards...but I've just cycled a hilly 110 miles in around 7 hours. I'm definitely getting 'cycle fit' again and am more than happy with my progress under Cat's supervision.

Although I still want to lie down after the sprint repetitions, my recovery has rocketed up and 'nothing left' now only lasts for a couple minutes

**Peter Hutchenson**  
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