

1600 calories, 4 hours 22 mins, heart going like the clappers but £125 raised

I've been guilty of not showing this blog much love recently but there's just been so much going on over on my other blog that it's had all my attention but I had promised everyone that I'd update you occasionally on my plans and "training" for [Pedal For Scotland](#), so I thought a wee/short blog post might be in order.

In all honesty, I'm not stressing out about "training" the way I did first time around doing the cycle. Then I only cycled a few miles every day so the thought of trying to do Glasgow to Edinburgh really scared me. Now however, I'm doing almost 20 miles every day and I've done the Glasgow to Edinburgh thing a few times. So I'm not overly focused on doing anything specific as in training. I did however do a wee bit of a challenge recently.

Last time around, as part of my training I completed the [Pedal it Pink cycle](#) to raise money for breast cancer research. This was genuinely one of the hardest things I have done, physically, in my life. It was billed as a cycle marathon around [Arthur's seat in Edinburgh](#), what they failed to mention was that around actually meant partially over – 8 times.



Arthur's Seat is the main peak of the group of hills in Edinburgh, United Kingdom which form most of [Holyrood Park](#), described by Robert Louis Stevenson as "a hill for magnitude, a mountain in virtue of its bold design".

At one point I genuinely thought I was going to have a heart attack, it was horrendous and absolutely not suitable for a "leisure cycle" as it had been billed. Back then I swore I'd never do anything like that again... that was until I got over enthusiastic a few weeks ago and put out on social media that if my sponsorship total reached £100 before the weekend, I'd go do it again. Within hours it had reached £100 cause obviously all my friends and family are evil!!!! Pure evil!!!!!! So... I got up early one Sunday and off I went.

The cycle from Musselburgh into Edinburgh / Arthur's Seat is quite pleasant and reasonably flat and a nice warm up as it wasn't the nicest weather to be honest, the 26 miles around/over Arthur's Sat however was horrible, but less so than last time so I guess my fitness has improved.

Looking at my stats from my fitbit surge when I got home, you can see when my nice cycle into town turned into the climb around the big hill. There is a very distinct and sudden spike in my heart rate.



74%



11:42 a.m.



Bike



SPEED

HEART RATE

CALORIES



HEART RATE ZONES



52 minutes Peak



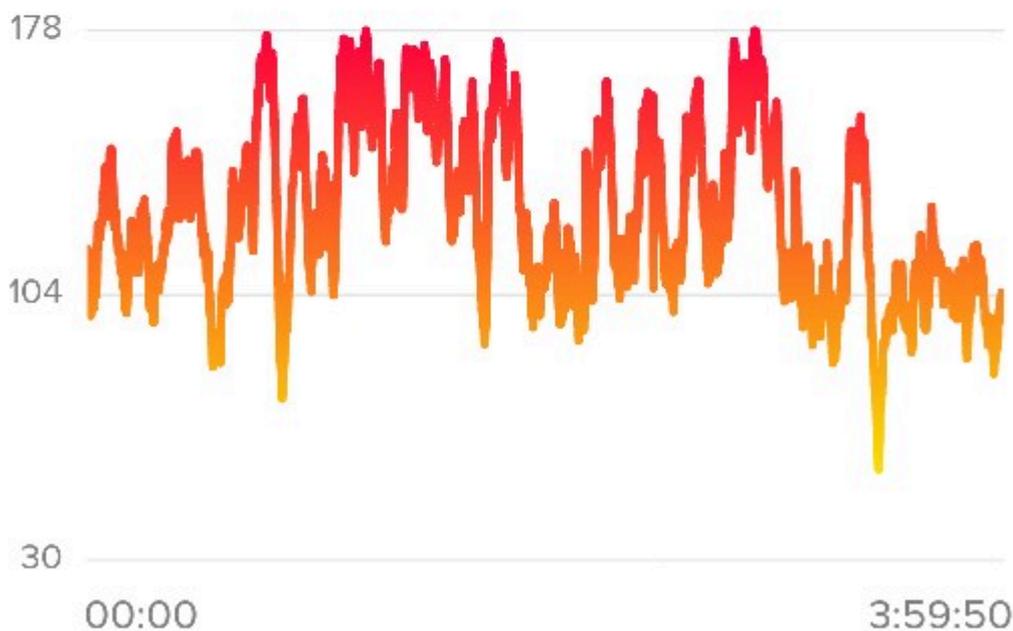
1 hr 5 min Cardio



1 hr 56 min Fat Burn



HEART RATE





Heart Rate



Sunday, Apr 24, 2016



Resting Heart Rate

59 bpm

Exercise Zones

4 hr 22 min 1,718 calories

46 minutes Peak

1 hr 10 min Cardio

2 hr 26 min Fat Burn



Have to say, the calorie burn for the day was not bad either, 1600 calories by 11am so can't complain ☐

I'm still a long way off my target of sponsorship money to raise, I'm hoping to raise £300, so if you haven't sponsored me yet, there's still time: <https://www.justgiving.com/fundraising/EliApplebyDonald>