



Coaching was not something I had considered at all, as a mum to 2 young boys, a wife and working (almost) full time I assumed it would be impossible to fit in any training other than the odd Sunday club social ride which I love. I couldn't have been more wrong; the pandemic and lockdown have taught me to make sure I make time for myself and that is when I started to think about increasing my fitness and the possibility of racing again.

I have been working with 360 Cycling for the past 8 weeks now and gone from strength to strength, I have competed in three 10-mile time trials and already beat my all-time PB which was my original goal. My weight has come down without too much effort and I am enjoying the variety of training sessions which fit in with my increasingly busy family life! I'm looking forward to my next goal - a sub 25 min 10-mile TT.