



From Rookie to Finisher – Ready for the ADAC Cyclassics in Just Twelve Weeks

On August 17, Hamburg will once again become a hotspot for cycling: the ADAC Cyclassics will draw thousands of cyclists to the streets of the Hanseatic city. For those with little or no experience in cycling, the Hamburg Cycling Association (Radsport-Verband Hamburg e.V.) is once again offering its well-established Rookie Program this year. In just twelve weeks, participants are specifically prepared for the 60 or 100-kilometer route – no pro equipment or extraordinary fitness required.

Training is set to begin on May 30. Sessions take place three times a week – on Wednesdays, Fridays, and Sundays – with special consideration given to working participants during the week. In addition to classic endurance, strength, and sprint training, the program also includes core and stability exercises as well as sessions on riding technique, group communication, and nutrition. All training units are led by experienced coaches from the association and offer not only a clear structure, but also a strong sense of team spirit and motivation.

"Our program shows just how diverse and vibrant cycling is today: in 2024, the youngest participant was 21, the oldest 74 – and women made up an impressive 55% of the group. One-third of our training time is dedicated specifically to riding safely in a group. Because those who don't train alone, but practice cornering, braking, and evasive maneuvers as a team, are best prepared to truly enjoy the race. Last year, all of our rookies reached the finish line safely – full of pride, with a medal around their neck and a big smile on their face," says **Frank Robben**, Vice President for Competitive and Off-Road Cycling at the Hamburg Cycling Association.

A special highlight awaits participants in June: **Fabian Wegmann**, Sports Director of the professional ADAC Cyclassics race, will join one of the training rides. *"The Hamburg Cycling Association's Rookie Program has proven over the past few years that twelve weeks are enough for newcomers to successfully complete the Cyclassics – and have a lot of fun doing it. Because it's not just about physical performance, but also about learning riding technique and proper behavior on the bike, it's the perfect entry point into the world of cycling – and a great foundation for setting even bigger goals beyond the ADAC Cyclassics,"* says Wegmann.

Registration for the Rookie Program, including a starting place, is now open at cyclassics-hamburg.de. Those who register **by May 16** benefit from a reduced rate. The number of spots is limited to 60 participants – so it pays to be quick!