



TAKE THREE..
Bike panniers to carry your kit as you set off on a self-supported cycling tour.

SAVE

Altura Arc Waterproof Pannier
Buy this lightweight and waterproof 15-litre pannier as a single or pair, depending on the length of your trip. Features include roll-top to ensure kit stays dry inside and a symmetrical shape so the pannier fits front or back, left or right-hand side. **£37.99, www.edinburghbicycle.com**

SPEND

Ortlieb Back Roller Classic QL2.1 Panniers
The rugged and highly waterproof panniers are sold as a pair and total 40 litres of carrying space. They feature Ortlieb's tried-and-tested single roll-up, one clip and strap securing system. They are sold in a great range of colours. **£109.99 pair, www.evanscycles.com**



SPLURGE

Arkel GT-54 Panniers
For long-distance trips, the Arkel 54-litre panniers are the business. They have three layers of waterproof protection, numerous pockets and tearaway tent, toiletry and tool pouches. Choose from red, black or yellow. **£284.99, www.arkel-od.com**



PUTTING IN THE MILES
Nick will start off by cycling the length of New Zealand

MEMORIES

is reaching the next airport before my connecting flight leaves.

"I have 26 days to complete New Zealand, 41 days from Perth to Sydney and 83 days from Alaska to New York.

"I think it's completely achievable but I can't hang around in any one place for too long.

"Once I get to Ireland, I can slow the pace down if needs be, as I'm much closer to home and have no further flights booked from there to the UK."

Nick, who will also run a 5k when he gets to Glasgow, will document his journey by taking photos and videos.

He said: "It will be a long bike ride but I am really looking forward to coming home again.

"What I have realised in recent years is that being close to family and friends is more valuable and important than anything else in life."

■ You can follow Nick's progress on www.cycleNZtoUK.com, via [facebook.com/nicktracecyclist](https://www.facebook.com/nicktracecyclist) and support his SAMH cause at justgiving.com/nicktracecyclist

www.fionaoutdoors.co.uk

PLATYPUS SOFT BOTTLE

Keep the weight of your water bottle down with a Platypus Soft Bottle.

This flexible bottle is 80 per cent lighter than a hard bottle but still durable and water-tight. It also scores highly as a green product, being BPA-free, and comes with a choice of closure cap, push-pull cap or HyperFlow cap. The bottle is compatible with any threaded Platypus lid or drinking tube. Priced from £6.99 at www.Nevisport.com



JOIN THE KILT WALK

A series of Kiltwalks kicks off next month to raise much-needed funds for Scotland's children charities. The walks of 13 and 26 miles take place in six Scottish locations this summer. On April 12, the Glasgow Kiltwalk sets off from the SSE Hydro. Registration for this event closes on March 29. The Edinburgh Kiltwalk is on May 3, Aberdeen on June 7, Perth on August 8, Speyside on August 30 and Dundee on September 20. Walkers must pledge to raise at least £200 for charity. See www.thekiltwalk.co.uk

BODY AND MIND

ON TRACK
Book a strength session



Get training off to a strong start

I often bang on about strength training.

It gives you a stronger, leaner body, you burn more calories (even when resting) and you ward off or reduce symptoms of many illnesses, including osteoporosis, heart disease, arthritis and diabetes to name just a few.

This is all great but how does a newbie get started in this key component of exercise?

Technique is the most essential part of strength training, so try booking a one-to-one session with a trainer. They can help you nail your technique and put together a safe and effective strength routine.

Variation in equipment means you should never get bored. You can use bodyweight, dumbbells, barbells, kettlebell, Vopr, TRX, resistance bands, power bags, cables and medicine balls.

Reps and sets can be



APRIL LOGAN

confusing but for general strength training start by doing eight to 12 repetitions of an exercise, then repeat for a second set.

By the time you get to the end of your second set, you should be struggling to lift the weights.

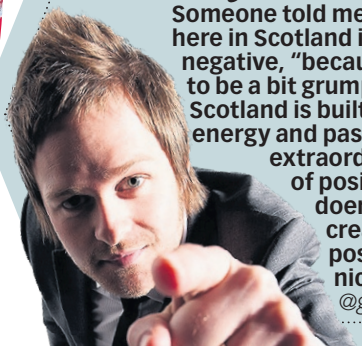
Choosing the weight can be tricky. Always start lighter, then build it up.

Muscles feeling a little shaky during lifts is OK but pain or discomfort isn't.

✉ FOR INFORMATION AND ADVICE FROM APRIL, VISIT WWW.PERSONALTRAININGSCOTLAND.COM OR EMAIL HER AT FITNESS@SUNDAYMAIL.CO.UK FOLLOW APRIL LOGAN @PTSCOTLAND

GAVIN OATTES I WAS JUST THINKING

Someone told me recently that here in Scotland it's OK to be negative, "because we're meant to be a bit grumpy". I disagree. Scotland is built on heart, soul, energy and passion. We are an extraordinary nation of positive thinkers, doers, inventors and creators. So stay positive - it's a nicer way to think. @gavinoattes



THE DIET Christine Mitchell
I love bread but am tired of the same old chicken sandwiches every day. Can you suggest something a bit different? Cheese and apple toasties are delicious and can be served with a big salad. Split sandwich thins and spread each one with a teaspoon of mustard. Divide 50g mature half-fat cheese between the thins and add sliced apple. Press the tops on and grill for two minutes each side. It may sound simple but it really is tasty. This has a Pro Points value of 5.

EMAIL YOUR QUESTIONS TO DIET@SUNDAYMAIL.CO.UK FOR MORE INFO ON THE WEIGHT WATCHERS PROPOINTS PLAN OR TO FIND YOUR NEAREST MEETING, CALL 08457 123 000 OR VISIT WWW.WEIGHTWATCHERS.CO.UK