



YOUR 8 MONTH TRAINING PLAN

We suggest the following training guidelines as you develop your training plan and plan your Training Rides. Below is an eight-month training plan, which can be condensed if needed.

Month	Distance per long ride	Number of rides per week	Total training hours per week	Suggested in-the-saddle weekly distance
January	5-10 km	1-3	2-3	10-30 km
February	15-20 km	2-3	4-5	40-60 km
March	25-40 km	2-3	5-8	80-100 km
April	40-65 km	2-4	8-9	100-160 km
May	65-90 km	2-4	9-10	160-180 km
June	65-90 km	2-4	9-10	160-180 km
July	90-120 km	3-4	10+	180+ km
August	90-120 km	3-4	10+	180+ km

The week before The Ride, your total distance should be greatly reduced in order to “save your legs” for the event.

During winter months, indoor training might be more suitable, so plan on spending more time spinning, weight training, on the treadmill and/or on a stationary bike. Cross-training will really help your early season fitness! A hard 45 minute spin class is equivalent to roughly 20 – 25 km on the road.