

SUGGESTED TRAINING GUIDELINES

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

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

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 - 3	8 - 9	100 - 160 km
May	65 - 90 km	2 - 4	9 - 10	160 - 180 km
June	90 - 120 km	3 - 4	10+	180+ km

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.