



# YOUR 6 MONTH TRAINING PLAN

We suggest the following training guidelines as you develop your training plan and plan your Training Rides. Below is a seven-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	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.