

TRAINING PROGRAMS

GREAT WATERFRONT TRAIL ADVENTURE TOUR

BEGINNER TRAINING PROGRAM

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Ride for 20 min.		Ride for 20 min.		Ride for 20 min.
6	7	8	9	10	11	12
		Ride for 20 min.		Ride for 20 min.		Ride for 20 min.
13	14	15	16	17	18	19
		Ride for 30 min.				Ride for 30 min.
20	21	22	23	24	25	26
		Ride for 30 min.				Ride for 30 min.
27	28	29	30	31		
Ride for 30 min.		Ride for 30 min.				

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Ride for 40 min.
3	4	5	6	7	8	9
		Ride for 40 min.		Ride for 40 min.		Ride for 40 min.
10	11	12	13	14	15	16
		Ride for 40 min.		Ride for 40 min.		Ride for 50 min.
17	18	19	20	21	22	23
		Ride for 50 min.		Ride for 50 min.		Ride for 60 min.
24	25	26	27	28	29	
		Ride for 60 min.		Ride for 50 min.		Ride for 60 min.

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Ride for 60 min.
2	3	4	5	6	7	8
		Ride for 60 min.		Ride for 60 min.		Ride for 70 min.
9	10	11	12	13	14	15
		Ride for 70 min.		Ride for 70 min.		Ride for 80 min.
16	17	18	19	20	21	22
		Ride for 80 min.		Ride for 80 min.		Ride for 90 min.
23	24	25	26	27	28	29
		Ride for 90 min.		Ride for 60 min.		Ride for 90 min.
30	31					

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Ride for 90 min.		Ride for 90 min.		Ride for 100 min.
6	7	8	9	10	11	12
		Ride for 90 min.		Ride for 90 min.		Ride for 115 min.
13	14	15	16	17	18	19
		Ride for 90 min.		Ride for 90 min.		Ride for 115 min.
20	21	22	23	24	25	26
		Ride for 90 min.		Ride for 90 min.		Ride for 120 min.
27	28	29	30			
		Ride for 90 min.				

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Ride for 90 min.		Ride for 120 min.
4	5	6	7	8	9	10
		Ride for 60 min		Ride for 90 min		Ride for 120 min
11	12	13	14	15	16	17
		Ride for 90 min.		Ride for 90 min.		Ride for 150 min
18	19	20	21	22	23	24
		Ride for 90 min.		Ride for 90 min.		Ride for 2.5 hours
25	26	27	28	29	30	31
		Ride for 90 min.		Ride for 90 min.		Ride for 3 hours

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
		Ride for 90 min.		Ride for 90 min.		Ride for 3 hours
8	9	10	11	12	13	14
		Ride for 90 min.		Ride for 90 min.		Ride for 3.5 hours
15	16	17	18	19	20	21
		Ride for 90 min.		Ride for 60 min.		Ride for 4 hours
22	23	24	25	26	27	28
		Ride for 30 min		Ride for 30 min		Ride for 90 min
29	30					

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Ride for 30 min.			Let the fun begin! 74 km	64 km
6	7	8	9	10	11	12
82 km	110 km	124 km	111 km	84 km	Rest	Rest
13	14	15	16	17	18	19
Rest	Rest	Rest				
20	21	22	23	24	25	26
27	28	29	30	31		