

# TRAINING PROGRAMS

## GREAT WATERFRONT TRAIL ADVENTURE TOUR

### INTERMEDIATE TRAINING PROGRAM

#### January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Ride for 60 min		Ride for 60 min		Ride for 90 min.
6	7	8	9	10	11	12
Ride for 60 min.		Ride for 60 min		Ride for 60 min		Ride for 90 min.
13	14	15	16	17	18	19
Ride for 60 min.		Ride for 75 min		Ride for 75 min		Ride for 90 min.
20	21	22	23	24	25	26
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 90 min.
27	28	29	30	31		
Ride for 90 min.		Ride for 75 min		Ride for 75 min		

#### February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
						Ride for 120 min.
3	4	5	6	7	8	9
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 120 min.
10	11	12	13	14	15	16
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 2.5 hr.
17	18	19	20	21	22	23
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3 hr.
24	25	26	27	28	29	
Ride for 60 min.		Ride for 60 min.		Ride for 60 min.		

## March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
						Ride for 2 hr.
2	3	4	5	6	7	8
Ride for 90 min.		Ride for 60 min		Ride for 60 min		Ride for 2.5 hr.
9	10	11	12	13	14	15
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3 hr.
16	17	18	19	20	21	22
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3.5 hr.
23	24	25	26	27	28	29
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 4 hr.
30	31					
Ride for 90 min.						

## April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Ride for 60 min		Ride for 60 min		Ride for 2.5 hr.
6	7	8	9	10	11	12
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3 hr.
13	14	15	16	17	18	19
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3.5 hr.
20	21	22	23	24	25	26
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 4 hr.
27	28	29	30			
Ride for 90 min.		Ride for 75 min				

## May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Ride for 60 min		Ride for 2.5 hr.
4	5	6	7	8	9	10
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3 hr.
11	12	13	14	15	16	17
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3.5 hr.
18	19	20	21	22	23	24
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 4 hr.
25	26	27	28	29	30	31
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 2.5 hr.

## June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3 hr.
8	9	10	11	12	13	14
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3.5 hr.
15	16	17	18	19	20	21
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 4 hr.
22	23	24	25	26	27	28
Ride for 90 min.		Ride for 60 min		Ride for 60 min		Ride for 3 hr.
29	30					
Ride for 60 min.						

# July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Ride for 60 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		