

TRAINING PROGRAMS

GREAT WATERFRONT TRAIL ADVENTURE TOUR

ADVANCED TRAINING PROGRAM

January

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

February

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

March

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

April

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

May

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

June

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

July

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------------|----------|--------|-----------------------------|
| | | | 1 | 2 | 3 | 4 |
| | | | Ride for 30 min | | | Let the fun begin! 81 km |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 67 km | 129 km | 81 km | 125 km | 113 km | 83 km | 48 km |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| Rest | Rest | Rest | Rest | Rest | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | | | | | | |
| 26 | 27 | 28 | 29 | 30 | 31 | |
| | | | | | | |