

TRAINING PROGRAMS

GREAT WATERFRONT TRAIL ADVENTURE TOUR

BEGINNER TRAINING PROGRAM

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Ride for 20 min.		Ride for 20 min.
4	5	6	7	8	9	10
		Ride for 20 min.		Ride for 20 min.		Ride for 20 min.
11	12	13	14	15	16	17
		Ride for 30 min.				Ride for 30 min.
18	19	20	21	22	23	24
		Ride for 30 min.				Ride for 30 min.
25	26	27	28	29	30	31
Ride for 30 min.		Ride for 30 min.				Ride for 40 min.

February

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

March

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

April

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

May

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

June

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

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
						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	