

# TRAINING PROGRAMS

## GREAT WATERFRONT TRAIL ADVENTURE TOUR

### INTERMEDIATE TRAINING PROGRAM

#### January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
		Ride for 60 min		Ride for 60 min		Ride for 90 min.
4	5	6	7	8	9	10
Ride for 60 min.		Ride for 60 min		Ride for 60 min		Ride for 90 min.
11	12	13	14	15	16	17
Ride for 60 min.		Ride for 75 min		Ride for 75 min		Ride for 90 min.
18	19	20	21	22	23	24
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 90 min.
25	26	27	28	29	30	31
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 120 min.

#### February

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 120 min.
8	9	10	11	12	13	14
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 2.5 hr.
15	16	17	18	19	20	21
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3 hr.
22	23	24	25	26	27	28
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 90 min.		Ride for 60 min		Ride for 60 min		Ride for 2.5 hr.
8	9	10	11	12	13	14
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3 hr.
15	16	17	18	19	20	21
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 3.5 hr.
22	23	24	25	26	27	28
Ride for 90 min.		Ride for 75 min		Ride for 75 min		Ride for 4 hr.
29	30	31				
Ride for 90 min.		Ride for 60 min				

## April

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

## May

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

## June

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