

	Target Time	Actual Time		Target Time	Actual Time
<b>Week 1: March 3<sup>th</sup>, 2025</b> Short ride 1 Short ride 2 Long ride <b>Total</b>	 30 minutes 45 minutes 60 minutes <b>135 minutes</b>		<b>Week 11: May 12<sup>th</sup>, 2025</b> Ride with hills Short ride Long ride <b>Total</b>	 20-40 km 45 km 100 km <b>145 km</b>	
<b>Week 2: March 10<sup>th</sup>, 2025</b> Short ride 1 Short ride 2 Long ride <b>Total</b>	 45 minutes 45 minutes 75 minutes <b>165 minutes</b>		<b>Week 12: May 19<sup>th</sup>, 2025</b> Ride with hills Short ride Long ride <b>Total</b>	 20-40 km 45 km 90 km <b>135 km</b>	
<b>Week 3: March 17<sup>th</sup>, 2025</b> Short ride 1 Short ride 2 Long ride <b>Total</b>	 45 minutes 45 minutes 90 minutes <b>180 minutes</b>		<b>Week 13: May 26<sup>th</sup>, 2025</b> Ride with hills Short ride Long ride <b>Total</b>	 20-40 km 45 km 120 km <b>165 km</b>	
<b>Week 4: March 24<sup>th</sup>, 2025</b> Short ride 1 Short ride 2 Long ride <b>Total</b>	 45 minutes 60 minutes 100 minutes <b>205 minutes</b>		<b>Week 14: June 2<sup>nd</sup>, 2025</b> Ride with hills Short ride Long ride <b>Total</b>	 20-40 km 50 km 100 km <b>150 km</b>	
<b>Week 5: April 1<sup>st</sup>, 2025</b> Short ride 1 Short ride 2 Long ride <b>Total</b>	 45 minutes 60 minutes 120 minutes <b>225 minutes</b>		<b>Week 15: June 9<sup>th</sup>, 2025</b> Ride with hills Short ride Long ride <b>Total</b>	 20-40 km 45 km 160 km <b>205 km</b>	
<b>Week 6: April 7<sup>th</sup>, 2025</b> Ride with Hills Short ride 2 Long ride <b>Total</b>	 45 minutes 60 minutes 135 minutes <b>240 minutes</b>		<b>Week 16: June 16<sup>th</sup>, 2025</b> Short Ride Short ride Long ride	 20-50 km 20-50 km 145 km	
<b>Week 7: April 14<sup>th</sup>, 2025</b> Ride with hills Short ride Long ride <b>Total (Outside if possible)</b>	 20-40 km 40 km 60 km <b>100 km</b>		<b>Week 17: June 23<sup>rd</sup>, 2025</b> Short Ride Short ride Long ride	 20-40 km 20-40 km 120 km	
<b>Week 8: April 21<sup>nd</sup>, 2025</b> Ride with hills Short ride Long ride <b>Total</b>	 20-40 km 40 km 70 km <b>110 km</b>		<b>Week 18: July 1<sup>st</sup>, 2025</b> Short Ride Short ride Long ride	 20-40 km 20-40 km 100 km	
<b>Week 9: April 28<sup>th</sup>, 2025</b> Ride with hills Short ride Long ride <b>Total</b>	 20-40 km 45 km 80 km <b>125 km</b>		<b>Week 19: July 7<sup>th</sup>, 2025</b> Short ride Short ride Long ride	 20-40 km 20-40 km 60 km	
<b>Week 10: May 5<sup>th</sup>, 2025</b> Ride with hills Short ride Long ride <b>Total</b>	 20-40 km 45 km 90 km <b>135 km</b>		<b>Week 20: July 14<sup>th</sup>, 2025</b> Short ride  Long ride	 Spin the legs for 30-60 mins <b>Day of event 220 km</b>	

Here are some tips to help you prepare for the long ride:

- 1) Aim to ride 3 times per week, no less than twice, with one longer ride starting around 60 min or 30km and progressing to 100km in week 11. Increase the distance of your long outdoor ride by 5-10km every 1-2 weeks. Aim to include hill training on one of the short rides and in some long rides.
- 2) Target to complete at least 3-4 x 100+km rides and one 160km ride by Week 15 (Friday June 14<sup>th</sup>)
- 3) Include strength movements on non-ride days and after shorter rides (lunge, squat, split-squat, tricep pushups, planks, standing deadlift). Stretch (hip flexors & quads) and move after long rides.
- 4) Practice consuming sufficient and appropriate nutrition & hydration during long rides to improve recovery and prevent cramping.

	Target Time	Actual Time
<b>Week 1: May 27<sup>th</sup>, 2025</b>		
Short ride 1	30 km	
Short ride 2	30 km	
Long ride	50 km	
<b>Total</b>	<b>110 km</b>	
<b>Week 2: June 2<sup>nd</sup>, 2025</b>		
Short ride 1	30 km	
Short ride 2	30 km	
Long ride	60 km	
<b>Total</b>	<b>120 km</b>	
<b>Week 3: June 9<sup>th</sup>, 2025</b>		
Short ride 1	30 km	
Short ride 2	30 km	
Long ride	70 km	
<b>Total</b>	<b>130 km</b>	
<b>Week 4: June 16<sup>th</sup>, 2025</b>		
Short ride 1	30 km	
Short ride 2	30 km	
Long ride	80 km	
<b>Total</b>	<b>140 km</b>	
<b>Week 5: June 23<sup>rd</sup>, 2025</b>		
Short ride 1	30 km	
Short ride 2	30 km	
Long ride	90 km	
<b>Total</b>	<b>150 km</b>	
<b>Week 6: July 1<sup>st</sup>, 2025</b>		
Short ride 1	30 km	
Short ride 2	30 km	
Long ride	90 km	
<b>Total</b>	<b>160 km</b>	
<b>Week 7: July 7<sup>th</sup>, 2025</b>		
Short ride	30 km	
Long ride	80 km	
<b>Total</b>	<b>110 km</b>	
<b>Week 8: July 14<sup>th</sup>, 2025</b>	Spin the legs for 30-60 mins	
Short ride		
Long ride	<b>Event Day 120 km</b>	

Here are some tips to help you prepare for a long ride:

- 1) Aim to ride 3 times per week, no less than twice, with one longer ride starting around 80km in week 1. Increase the distance of your long ride by 5-10km every 1-2 weeks.
- 2) Target to complete at least 3 x 80+km rides and one 100km ride by July 5th.
- 3) Include strength movements on non-ride days and after shorter rides (lunge, squat, split-squat, tricep pushups, planks, standing deadlift). Stretch (hip flexors & quads) and move after long rides.
- 4) Practice consuming sufficient and appropriate nutrition & hydration during long rides to improve recovery and prevent cramping (more details to follow)

	Target Time	Actual Time
<b>Week 1: May 27<sup>th</sup>, 2025</b>		
Short ride 1	5 km	
Short ride 2	5 km	
Long ride	20 km	
<b>Total</b>	<b>30 km</b>	
<b>Week 2: June 1<sup>st</sup>, 2025</b>		
Short ride 1	5 km	
Short ride 2	10 km	
Long ride	20 km	
<b>Total</b>	<b>35 km</b>	
<b>Week 3: June 9<sup>th</sup>, 2025</b>		
Short ride 1	10 km	
Short ride 2	10 km	
Long ride	25 km	
<b>Total</b>	<b>45 km</b>	
<b>Week 4: June 16<sup>th</sup>, 2025</b>		
Short ride 1	10 km	
Short ride 2	10 km	
Long ride	30 km	
<b>Total</b>	<b>50 km</b>	
<b>Week 5: June 23<sup>rd</sup>, 2025</b>		
Short ride 1	10 km	
Short ride 2	10 km	
Long ride	35 km	
<b>Total</b>	<b>55 km</b>	
<b>Week 6: July 1<sup>st</sup>, 2025</b>		
Short ride 1	10 km	
Short ride 2	10 km	
Long ride	40 km	
<b>Total</b>	<b>60 km</b>	
<b>Week 7: July 7<sup>th</sup>, 2025</b>		
Short ride	10 km	
Long ride	50 km	
<b>Total</b>	<b>60 km</b>	
<b>Week 8: July 14<sup>th</sup>, 2025</b>		
Short ride	5 km	
Long ride	<b>Event Day 60 km</b>	

Here are some tips to help you prepare for a 60km ride:

- 1) Aim to ride 2-3 times per week, with one longer ride starting around 15km in week 1. Increase the distance gradually to 40km by week 6.
- 2) Include strength movements on non-ride days and after shorter rides (lunge, squat, split-squat, tricep pushups, planks, standing deadlift). Stretch (hip flexors & quads) and move after long rides.
- 3) Practice consuming sufficient and appropriate nutrition & hydration during long rides to improve recovery and prevent cramping (more details to follow)