

| Cycle of Hope Training Schedule BASIC | | | | Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | | Saturday | | | Sunday | | | Total weekly mileage (km) | | Notes |
|--|--------|--------|----------------|--------------|----|-----|-----------------|----|-----|-----------------|----|-----|-----------------|----|-----|-------------|----|-----|-----------------|----|-----|-----------------|----|-----|---------------------------|---------|-------|
| Recommended Perceived Intensity Level | | | | Recovery | | | Easy - Moderate | | | Moderate - Hard | | | Easy - Moderate | | | Recovery | | | Easy - Moderate | | | Easy - Moderate | | | Min. km | Max. km | |
| Recommended Heartrate Zone | | | | | | | Zone 2 & 3 | | | Zone 3 & 4 | | | Zone 2 & 3 | | | | | | Zone 2 & 3 | | | Zone 2 & 3 | | | | | |
| Week# | Start | Finish | Focus | km | to | km | km | to | km | km | to | km | km | to | km | km | to | km | km | to | km | km | to | km | km | | |
| 1 | 6-Jan | 12-Jan | Cross Training | | | | 2 | to | 3 | 2 | to | 2 | 3 | to | 4 | | | | 4 | to | 5 | 5 | to | 6 | 15 | 20 | |
| 2 | 13-Jan | 19-Jan | Cross Training | | | | 2 | to | 3 | 2 | to | 2 | 3 | to | 4 | | | | 4 | to | 6 | 5 | to | 7 | 17 | 22 | |
| 3 | 20-Jan | 26-Jan | Cross Training | | | | 3 | to | 4 | 2 | to | 2 | 4 | to | 5 | | | | 5 | to | 6 | 5 | to | 7 | 18 | 24 | |
| 4 | 27-Jan | 2-Feb | Cross Training | | | | 3 | to | 4 | 2 | to | 3 | 4 | to | 5 | | | | 5 | to | 7 | 6 | to | 8 | 20 | 27 | |
| 5 | 3-Feb | 9-Feb | Build Base | | | | 3 | to | 4 | 2 | to | 3 | 4 | to | 6 | | | | 5 | to | 7 | 7 | to | 9 | 22 | 29 | |
| 6 | 10-Feb | 16-Feb | Build Base | | | | 4 | to | 5 | 2 | to | 3 | 5 | to | 6 | | | | 6 | to | 8 | 7 | to | 10 | 24 | 32 | |
| 7 | 17-Feb | 23-Feb | Build Base | Family Day | | | 4 | to | 5 | 3 | to | 4 | 5 | to | 7 | | | | 7 | to | 9 | 8 | to | 11 | 27 | 35 | |
| 8 | 24-Feb | 2-Mar | Build Base | | | | 4 | to | 6 | 3 | to | 4 | 6 | to | 8 | | | | 7 | to | 10 | 9 | to | 12 | 29 | 39 | |
| 9 | 3-Mar | 9-Mar | Build Base | | | | 5 | to | 6 | 3 | to | 4 | 6 | to | 9 | | | | 8 | to | 11 | 10 | to | 13 | 32 | 43 | |
| 10 | 10-Mar | 16-Mar | Build Base | | | | 5 | to | 7 | 4 | to | 5 | 7 | to | 9 | | | | 9 | to | 12 | 11 | to | 14 | 35 | 47 | |
| 11 | 17-Mar | 23-Mar | Build Base | | | | 6 | to | 8 | 4 | to | 5 | 8 | to | 10 | | | | 10 | to | 13 | 12 | to | 16 | 39 | 52 | |
| 12 | 24-Mar | 30-Mar | Build Base | | | | 6 | to | 9 | 4 | to | 6 | 9 | to | 11 | | | | 11 | to | 14 | 13 | to | 17 | 43 | 57 | |
| 13 | 31-Mar | 6-Apr | Get Outside | | | | 11 | to | 15 | 8 | to | 10 | 15 | to | 20 | | | | 19 | to | 25 | 23 | to | 30 | 75 | 100 | |
| 14 | 7-Apr | 13-Apr | Get Outside | | | | 12 | to | 17 | 8 | to | 11 | 17 | to | 22 | | | | 21 | to | 28 | 25 | to | 33 | 83 | 110 | |
| 15 | 14-Apr | 20-Apr | Get Outside | | | | 14 | to | 18 | 9 | to | 12 | 18 | to | 24 | Good Friday | | | 23 | to | 30 | 27 | to | 36 | 91 | 121 | |
| 16 | 21-Apr | 27-Apr | Get Outside | | | | 15 | to | 20 | 10 | to | 13 | 20 | to | 27 | | | | 25 | to | 33 | 30 | to | 40 | 100 | 133 | |
| 17 | 28-Apr | 4-May | Group Rides | | | | 16 | to | 22 | 11 | to | 15 | 22 | to | 29 | | | | 27 | to | 37 | 33 | to | 44 | 110 | 146 | |
| 18 | 5-May | 11-May | Group Rides | | | | 18 | to | 24 | 12 | to | 16 | 24 | to | 32 | | | | 30 | to | 40 | 36 | to | 48 | 121 | 161 | |
| 19 | 12-May | 18-May | Group Rides | | | | 23 | to | 30 | 15 | to | 20 | 30 | to | 40 | | | | 38 | to | 50 | 45 | to | 60 | 150 | 200 | |
| 20 | 19-May | 25-May | Group Rides | Victoria Day | | | 25 | to | 33 | 17 | to | 22 | 33 | to | 44 | | | | 41 | to | 55 | 50 | to | 66 | 165 | 220 | |
| 21 | 26-May | 1-Jun | Group Rides | | | | 27 | to | 36 | 18 | to | 24 | 36 | to | 48 | | | | 45 | to | 61 | 54 | to | 73 | 182 | 242 | |
| 22 | 2-Jun | 8-Jun | Group Rides | | | | 30 | to | 40 | 20 | to | 27 | 40 | to | 53 | | | | 50 | to | 67 | 60 | to | 80 | 200 | 266 | |
| 23 | 9-Jun | 15-Jun | Group Rides | | | | 33 | to | 44 | 22 | to | 29 | 44 | to | 59 | | | | 55 | to | 73 | 66 | to | 88 | 220 | 293 | |
| 24 | 16-Jun | 22-Jun | Peak | | | | 36 | to | 48 | 24 | to | 32 | 48 | to | 64 | | | | 60 | to | 81 | 72 | to | 97 | 242 | 322 | |
| 25 | 23-Jun | 29-Jun | Taper | | | | 18 | to | 24 | 12 | to | 16 | 24 | to | 32 | | | | 30 | to | 40 | 36 | to | 48 | 121 | 161 | |
| 26 | 30-Jun | 6-Jul | Rest Week | Canada Day | | | 0 | to | 0 | 0 | to | 0 | 0 | to | 0 | | | | 0 | to | 0 | 0 | to | 0 | | 0 | |
| 27 | 7-Jul | 13-Jul | COH | 0 | to | 66 | 0 | to | 108 | 0 | to | 130 | 0 | to | 111 | 0 | to | 171 | 0 | to | 0 | 0 | to | 174 | Cycle of Hope | 760 | |
| 28 | 14-Jul | 20-Jul | COH | 0 | to | 102 | 0 | to | 113 | 0 | to | 113 | 0 | to | 0 | 0 | to | 0 | 0 | to | 104 | | | | | 432 | |

Total KM: **4,095**

Total Hours (@ 20km/h): 205

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|---------------|-------------------------------------|
| Colour Legend | Meet & Greet and/or Tour du Habitat |
| Holidays | Mandatory meeting |
| Group rides | 2019 Cycle of Hope |