

Cycle of Hope Training Schedule INTENSE				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				7	to	9	5	to	6	9	to	12				11	to	15	14	to	18	45	60	
2	13-Jan	19-Jan	Cross Training				7	to	10	5	to	7	10	to	13				12	to	17	15	to	20	50	66	
3	20-Jan	26-Jan	Cross Training				8	to	11	5	to	7	11	to	15				14	to	18	16	to	22	54	73	
4	27-Jan	2-Feb	Cross Training				9	to	12	6	to	8	12	to	16				15	to	20	18	to	24	60	80	
5	3-Feb	9-Feb	Build Base				10	to	13	7	to	9	13	to	18				16	to	22	20	to	26	66	88	
6	10-Feb	16-Feb	Build Base				11	to	14	7	to	10	14	to	19				18	to	24	22	to	29	72	97	
7	17-Feb	23-Feb	Build Base	Family Day			12	to	16	8	to	11	16	to	21				20	to	27	24	to	32	80	106	
8	24-Feb	2-Mar	Build Base				13	to	18	9	to	12	18	to	23				22	to	29	26	to	35	88	117	
9	3-Mar	9-Mar	Build Base				14	to	19	10	to	13	19	to	26				24	to	32	29	to	39	96	129	
10	10-Mar	16-Mar	Build Base				16	to	21	11	to	14	21	to	28				27	to	35	32	to	42	106	141	
11	17-Mar	23-Mar	Build Base				18	to	23	12	to	16	23	to	31				29	to	39	35	to	47	117	156	
12	24-Mar	30-Mar	Build Base				19	to	26	13	to	17	26	to	34				32	to	43	39	to	51	128	171	
13	31-Mar	6-Apr	Get Outside				23	to	30	15	to	20	30	to	40				38	to	50	45	to	60	150	200	
14	7-Apr	13-Apr	Get Outside				25	to	33	17	to	22	33	to	44				41	to	55	50	to	66	165	220	
15	14-Apr	20-Apr	Get Outside				27	to	36	18	to	24	36	to	48	Good Friday			45	to	61	54	to	73	182	242	
16	21-Apr	27-Apr	Get Outside				30	to	40	20	to	27	40	to	53				50	to	67	60	to	80	200	266	
17	28-Apr	4-May	Group Rides				33	to	44	22	to	29	44	to	59				55	to	73	66	to	88	220	293	
18	5-May	11-May	Group Rides				36	to	48	24	to	32	48	to	64				60	to	81	72	to	97	242	322	
19	12-May	18-May	Group Rides				40	to	53	27	to	35	53	to	71				66	to	89	80	to	106	266	354	
20	19-May	25-May	Group Rides	Victoria Day			44	to	58	29	to	39	58	to	78				73	to	97	88	to	117	292	390	
21	26-May	1-Jun	Group Rides				48	to	64	32	to	43	64	to	86				80	to	107	96	to	129	322	429	
22	2-Jun	8-Jun	Group Rides				53	to	71	35	to	47	71	to	94				88	to	118	106	to	141	354	472	
23	9-Jun	15-Jun	Group Rides				58	to	78	39	to	52	78	to	104				97	to	130	117	to	156	389	519	
24	16-Jun	22-Jun	Peak				64	to	86	43	to	57	86	to	114				107	to	143	128	to	171	428	571	
25	23-Jun	29-Jun	Taper				32	to	43	21	to	29	43	to	57				53	to	71	64	to	86	214	285	
26	30-Jun	6-Jul	Rest Week	Canada Day			0	to	0	0	to	0	0	to	0				0	to	0	0	to	0	Cycle of Hope	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		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: **7,037**

Total Hours (@ 20km/h): 352

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