

Cycle of Hope Training Schedule MODERATE				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				5	to	6	3	to	4	6	to	8				8	to	10	9	to	12	30	40	
2	13-Jan	19-Jan	Cross Training				5	to	7	3	to	4	7	to	9				8	to	11	10	to	13	33	44	
3	20-Jan	26-Jan	Cross Training				5	to	7	4	to	5	7	to	10				9	to	12	11	to	15	36	48	
4	27-Jan	2-Feb	Cross Training				6	to	8	4	to	5	8	to	11				10	to	13	12	to	16	40	53	
5	3-Feb	9-Feb	Build Base				7	to	9	4	to	6	9	to	12				11	to	15	13	to	18	44	59	
6	10-Feb	16-Feb	Build Base				7	to	10	5	to	6	10	to	13				12	to	16	14	to	19	48	64	
7	17-Feb	23-Feb	Build Base	Family Day			8	to	11	5	to	7	11	to	14				13	to	18	16	to	21	53	71	
8	24-Feb	2-Mar	Build Base				9	to	12	6	to	8	12	to	16				15	to	19	18	to	23	58	78	
9	3-Mar	9-Mar	Build Base				10	to	13	6	to	9	13	to	17				16	to	21	19	to	26	64	86	
10	10-Mar	16-Mar	Build Base				11	to	14	7	to	9	14	to	19				18	to	24	21	to	28	71	94	
11	17-Mar	23-Mar	Build Base				12	to	16	8	to	10	16	to	21				19	to	26	23	to	31	78	104	
12	24-Mar	30-Mar	Build Base				13	to	17	9	to	11	17	to	23				21	to	29	26	to	34	86	114	
13	31-Mar	6-Apr	Get Outside				17	to	23	11	to	15	23	to	30				28	to	38	34	to	45	113	150	
14	7-Apr	13-Apr	Get Outside				19	to	25	12	to	17	25	to	33				31	to	41	37	to	50	124	165	
15	14-Apr	20-Apr	Get Outside				20	to	27	14	to	18	27	to	36	Good Friday			34	to	45	41	to	54	136	182	
16	21-Apr	27-Apr	Get Outside				22	to	30	15	to	20	30	to	40				37	to	50	45	to	60	150	200	
17	28-Apr	4-May	Group Rides				25	to	33	16	to	22	33	to	44				41	to	55	49	to	66	165	220	
18	5-May	11-May	Group Rides				27	to	36	18	to	24	36	to	48				45	to	60	54	to	72	181	242	
19	12-May	18-May	Group Rides				30	to	40	20	to	27	40	to	53				50	to	66	60	to	80	199	266	
20	19-May	25-May	Group Rides	Victoria Day			33	to	44	22	to	29	44	to	58				55	to	73	66	to	88	219	292	
21	26-May	1-Jun	Group Rides				36	to	48	24	to	32	48	to	64				60	to	80	72	to	96	241	322	
22	2-Jun	8-Jun	Group Rides				40	to	53	27	to	35	53	to	71				66	to	88	80	to	106	265	354	
23	9-Jun	15-Jun	Group Rides				44	to	58	29	to	39	58	to	78				73	to	97	88	to	117	292	389	
24	16-Jun	22-Jun	Peak				48	to	64	32	to	43	64	to	86				80	to	107	96	to	128	321	428	
25	23-Jun	29-Jun	Taper				24	to	32	16	to	21	32	to	43				40	to	53	48	to	64	160	214	
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: **5,469**

Total Hours (@ 20km/h): 273

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