

Beginner Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Jan 22	rest day	1hr Endurance	1.5hr Endurance	1hr Endurance	rest day	rest day	1.5hr Endurance
Week 2 Jan 29	rest day	1hr Endurance	rest day	rest day	1 hr Endurance	2hr Endurance	1.5hr Endurance
Week 3 Feb 5	rest day	1hr Endurance	1.5hr Endurance	1hr Endurance	rest day	2hr 3 x hills	1.5hr Endurance
Week 4 Feb 12	rest day	1hr Endurance	1hr 2 x hills	1hr Endurance	rest day	2.5 hr 3x hills	1.5hr Endurance
Week 5 Feb 19	rest day	1hr Endurance	1hr 2 x hills	1hr Endurance	rest day	3hr Endurance	1.5hr Endurance
Week 6 Feb 26	rest day	1hr Endurance	1hr 2 x hills	1hr Endurance	rest day	3hr Endurance	1.5hr 3 xhills
Easy & Event Week Mar 5	rest day	1hr Endurance	1hr Endurance	rest day	rest day	RIDE DAY	

Intermediate Training Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 Jan 22	rest day	1.5hr Endurance	2hr Endurance	1.5hr Endurance	rest day	rest day	2hr Endurance
Week 2 Jan 29	rest day	1.5hr Endurance	rest day	rest day	1.5hr Endurance	2hr Endurance	1.5hr Endurance
Week 3 Feb 5	rest day	1.5hr Endurance	2hr Endurance	1.5hr Endurance	rest day	2.5hr 4 x hills	2hr Endurance
Week 4 Feb 12	rest day	1.5hr Endurance	2.5 hr 4 x hills	1.5hr Endurance	rest day	3hr 4x hills	3hr Endurance
Week 5 Feb 19	rest day	1.5hr Endurance	2.5 hr 4 x hills	1.5hr Endurance	rest day	4hr Endurance	2hr Endurance
Week 6 Feb 26	rest day	1.5hr Endurance	2.5 hr 4 x hills	1.5hr Endurance	rest day	4hr Endurance	2hr 3 xhills
Easy & Event Week Mar 5	rest day	1.5hr Endurance	2hr Endurance	rest day	rest day	RIDE DAY	