

# SAMPLE TRAINING PLAN



PRESENTED BY  
  
**WHEATON™**  
PRECIOUS METALS

This monthly plan is perfect for new riders. The workouts are designed to build your cardiovascular system and riding abilities gradually over time. The more you follow along, the greater the results.

MONTH	DISTANCE PER LONG RIDE	NUMBER OF RIDES PER WEEK	TOTAL TRAINING HOURS PER WEEK	TOTAL WEEKLY DISTANCE
April	15 – 20 km	2 – 3	2 – 5	40 – 60
May	25 – 40 km	2 – 3	5 – 8	80 – 100
June	40 – 65 km	2 – 3	8 – 9	100 – 160
July	65 – 90 km	2 – 4	9 – 10	160 – 180
August	90 – 120 km	3 – 4	10+	180+

Augmenting your bike rides with some form of strength training is also recommended. Resistance training will make you more powerful and help avoid injury.

Your training volume should be reduced during the final week leading up to the **Tour de Cure** weekend. This “taper week” will give your body a chance to rest as you prepare for the big event.