

Week	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	Feb 7th 30 mins E	Feb 8th 20-30 mins E	9th Rest	10th 30 Mins E	11th 30- Mins with a little effort	12th Rest Day	13th 40 mins Easy
2	14th 40 min E	15th Rest	16th 20-30 Min E	17th 25 min E	18th 25 Mins E	19th Rest	20th 40 min E
3	21st 20-30 min M	22nd Rest	23rd 30 min E	24th 25 min E	25th 25 Min M	26th Rest	27th 40 mins E
4	28th 50 min E	1st Rest	2nd 20-30 min E	3rd 25 min with 4 x 30 sec hills	4th 30 min with 4 x 30 sec H, rest 2 min E	5th Rest	6th 40 Mins E
5	7th 45 Mins Mixed working efforts on hills	8th Rest	9th 40 mins E	10th 30 min with 4 x 30 sec hills	11th 30 min with 4 x 30 sec H, rest 2 min E	12th Rest	13th 45 mins With some efforts
6	14th 60 min E	15th Rest	16th 20 min M	17th 30 min E	18th 30 min M	19th Rest	20th 30 min E
7	21st 70 min E	22nd Rest	23rd 20-30 Min E	24th 25 min with 5 x 30 sec hills	25th 30 min with 5 x 30 sec H, rest 2 min E	26th Rest	27th 30 min E
8	28th 80 min E	29th Rest	30th Rest	31st 30min with 5 x 30 sec hills	April 1 40 Min E	2nd Rest	3rd 30 – 40 Min E
9	4th 100 min E	5th Rest	6th 30-40 Min E	7th 30 min with 6 x 30 sec hills	8th 30 min with 6 x 30 sec H, rest 2 min E	9th Rest	10th 40 min E
10	11th 70 min E	12th 20 min M	13th Rest	14th 20 min E	15th Rest	16th 20 min E	17th Rest
11	18th 120 min E	19th Rest	20th Rest	21st 40 min with 4 x 45 sec hills	22nd 30 min with 3 x 1 min H, rest 2-3 min E	23rd Rest	24th 40 Mins E
12	25th 60 min E	26th Rest	27th Rest	28th 20 min E	29th 30 Min E	30th Rest	May 1st End to End – You made it!!!!

E Easy ride. Breathing easily. Able to have conversation.

M Moderate ride. 60-70% effort.

H Hard effort. Breathing heavily. 80-90% effort. Rest enough between hills and intervals until breathing easily gain