

Week	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
1	Feb 13th 30 mins E	Feb 14 th 20-30 mins E	15 th Rest	16 th 30 Mins E	17 th 30- Mins with a little effort	18 th Rest Day	19 th 40 mins Easy
2	20 th 40 min E	21 st Rest	22 nd 20-30 Min E	23 rd 25 min E	24 th 25 Mins E	25 th Rest	26 th 50 min E
3	27 th 25-30 min M	28 th Rest	Mar 1 st 30 min E	2 nd 25 min E	3 rd 25 Min M	4 th Rest	5 th 50 mins E
4	6 th 50 min E	7 th Rest	8 th 20-30 min E	9 th 45 min with 4 x 30 sec hills	10 th 40 min with 4 x 30 sec H, rest 2 min E	11 th Rest	12 th 60 Mins E
5	13 th 45 Mins Mixed working efforts on hills	14 th Rest	15 th 40 mins E	16 th 30 min with 4 x 30 sec hills	17 th 40 min with 4 x 30 sec H, rest 2 min E	18 th Rest	19 th 70 mins With some efforts
6	20 th 60 min E	21st Rest	22 nd 30 min M	23 rd 30 min E	24 th 40 min M	25 th Rest	26 th 70 min E
7	27 th 70 min E	28 th Rest	29 th 20-30 Min E	30 th 45 min with 5 x 30 sec hills	^{31st} 450 min with 5 x 30 sec H, rest 2 min E	April 1st Rest	2 nd 40 min E
8	3 rd 80 min E	4 th Rest	5 th Rest	6 th 30min with 5 x 30 sec hills	7 th 40 Min E	8 th Rest	9 th 50 – 60 Min E
9	10 th 100 min E	11 th Rest	12 th 30-40 Min E	13 th 45 min with 6 x 30 sec hills	14 th 40 min with 6 x 30 sec H, rest 2 min E	15 th Rest	16 th 60 min E
10	17 th 70 min E	18 th 30 min M	19 th Rest	20 th 40 min E	21st Rest	22 nd 30 min E	23 rd Rest
11	24 th 120 min E	25 th Rest	26 th Rest	27 th 50 min with 4 x 45 sec hills	28 th 30 min with 3 x 1 min H, rest 2-3 min E	29 th Rest	30 th 60 Mins E
12	May 1 st 90 min E	2 nd Rest	3 rd Rest	4 th 30 min E	5 th 30 Min E	6 th Rest	May 7th 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 again