

We suggest the following training guidelines as you develop your training plan and plan your Training Rides. Below is a ten-month training plan, which can be condensed if needed. Please visit our website at conquercancer.org.au for more detailed training ideas.

Month	Distance per long ride	Number of rides per week	Total training hours per week	Suggested in-the-saddle weekly distance
January	5 - 10 km	1 - 3	2 - 3	10 - 30 km
February	15 - 20 km	2 - 3	4 - 5	40 - 60 km
March	25 - 40 km	2 - 3	5 - 8	80 - 100 km
April	25 - 40 km	2 - 3	5 - 8	80 - 100 km
May	40 - 65 km	2 - 3	8 - 9	100 - 160 km
June	40 - 65 km	2 - 3	8 - 9	100 - 160 km
July	65 - 90 km	2 - 4	9 - 10	160 - 180 km
August	65 - 90 km	2 - 4	9 - 10	160 - 180 km
September	90 - 120 km	3 - 4	10+	180+ km
October	90 - 120 km	3 - 4	10+	180+ km

The week before The Ride, your total distance should be greatly reduced in order to “save your legs” for the event.

During certain weather conditions, indoor training might be more suitable, so plan on spending some time training on the treadmill and on a stationary bike. Cross-training will really help your early season fitness! A hard 45 minute spin class is equivalent to roughly 20 - 25 km on the road.