

BASE ROUTE TRAINING PLAN

W/E DATE	W/E RIDE ENDURANCE	MIDWEEK 1 FASTER + HILL	MIDWEEK 2 FASTER + HILL
1/2 August	20 miles		
8/9 August	30 miles	10 miles	10 miles
15/16 August	40 miles	15 miles	15 miles
22/23 August	50 miles	20 miles	20 miles
29/30 August	60 miles	20 miles	20 miles

Key to Mad Summer Hare smiles? Regular rides & building the miles!

Midweek rides are short and sharp. Because of this, you can work harder by going at a faster pace & include some hill climbs.

Weekend rides are about building up your endurance. Take the time to do these rides to build in confidence & stamina.