

# TRAINING PLAN

A simple, beginner-friendly plan to help you comfortably complete the Dartmoor Classic 107 mile ride. It is not a race - the goal is to finish feeling proud and in one piece. You got this.

## Weeks 1-6

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Easy ride 30 min Keep it gentle	Rest (or gentle stretching)	Steady ride 40 min Steady pace	Rest	Rest (or a short walk)	Long ride 1 hour Take breaks when needed
2	Rest	Easy ride 30 min Keep it gentle	Rest (or gentle stretching)	Steady ride 45 min Steady pace	Rest	Optional easy ride 30 min Or a walk	Long ride 1 hour 15 min Take breaks when needed
3	Rest	Easy ride 35 min Keep it gentle	Rest (or gentle stretching)	Steady ride 50 min Steady pace	Rest	Optional easy ride 30 min Or a walk	Long ride 1 hour 30 min Take breaks when needed
4	Rest	Easy ride 25 min Keep it gentle	Rest (or gentle stretching)	Steady ride 40 min Steady pace	Rest	Rest (or a short walk)	Long ride 1 hour 15 min Easier week - keep it comfortable
5	Rest	Easy ride 35 min Keep it gentle	Rest (or gentle stretching)	Steady ride 55 min Steady pace	Rest	Optional easy ride 35 min Or a walk	Long ride 1 hour 45 min
6	Rest	Easy ride 40 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour Find a few small hills	Rest	Optional easy ride 35 min Or a walk	Long ride 2 hours

# TRAINING PLAN

Weeks 7-12

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Rest	Easy ride 45 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 5 min Steady pace	Rest	Optional easy ride 40 min Or a walk	Long ride 2 hours 15 min Include some hills if you can
8	Rest	Easy ride 30 min Keep it gentle	Rest (or gentle stretching)	Steady ride 50 min Find a few small hills	Rest	Rest (or a short walk)	Long ride 1 hour 45 min Easier week - keep it comfortable
9	Rest	Easy ride 45 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 10 min Steady pace	Rest	Optional easy ride 40 min Or a walk	Long ride 2 hours 30 min
10	Rest	Easy ride 50 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 15 min Find a few small hills	Rest	Optional easy ride 45 min Or a walk	Long ride 2 hours 45 min
11	Rest	Easy ride 55 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 20 min Steady pace	Rest	Optional easy ride 45 min Or a walk	Long ride 3 hours Include some hills if you can
12	Rest	Easy ride 40 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour Find a few small hills	Rest	Rest (or a short walk)	Long ride 2 hours 15 min Easier week - keep it comfortable

# TRAINING PLAN

Weeks 13-18

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13	Rest	Easy ride 55 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 25 min Steady pace	Rest	Optional easy ride 45 min Or a walk	Long ride 3 hours 15 min
14	Rest	Easy ride 1 hour Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 30 min Find a few small hills	Rest	Optional easy ride 50 min Or a walk	Long ride 3 hours 30 min
15	Rest	Easy ride 1 hour Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 35 min Steady pace	Rest	Optional easy ride 50 min Or a walk	Long ride 3 hours 45 min Include some hills if you can
16	Rest	Easy ride 45 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 10 min Find a few small hills	Rest	Rest (or a short walk)	Long ride 2 hours 45 min Easier week - keep it comfortable
17	Rest	Easy ride 1 hour Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 40 min Steady pace	Rest	Optional easy ride 50 min Or a walk	Long ride 4 hours
18	Rest	Easy ride 1 hour Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 45 min Find a few small hills	Rest	Optional easy ride 55 min Or a walk	Long ride 4 hours 15 min

# TRAINING PLAN

Weeks 19-24

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19	Rest	Easy ride 1 hour Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 50 min Steady pace	Rest	Optional easy ride 55 min Or a walk	Long ride 4 hours 30 min Include some hills if you can
20	Rest	Easy ride 45 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 20 min Find a few small hills	Rest	Rest (or a short walk)	Long ride 3 hours 30 min Easier week - keep it comfortable
21	Rest	Easy ride 1 hour Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 50 min Steady pace	Rest	Optional easy ride 1 hour Or a walk	Long ride 4 hours 45 min Include some hills if you can
22	Rest	Easy ride 1 hour Keep it gentle	Rest (or gentle stretching)	Steady ride 2 hours Find a few small hills	Rest	Optional easy ride 1 hour Or a walk	Long ride 5 hours 30 min Include some hills if you can
23	Rest	Easy ride 45 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 15 min Steady pace	Rest	Optional easy ride 45 min Or a walk	Long ride 4 hours Easier week - keep it comfortable
24	Rest	Easy ride 30 min Keep it gentle	Rest (or gentle stretching)	Steady ride 40 min Find a few small hills	Rest	Rest (or a short walk)	Dartmoor Classic! 107 miles Take it steady and enjoy it