

# TRAINING PLAN

A simple, beginner-friendly plan to help you comfortably complete the Dartmoor Classic Medio 66 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<br><b>30 min</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>40 min</b><br>Steady pace            | Rest   | Rest<br>(or a short walk)                        | Long ride<br><b>1 hour</b><br>Take breaks when needed                  |
| 2    | Rest   | Easy ride<br><b>30 min</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>45 min</b><br>Steady pace            | Rest   | Optional easy ride<br><b>30 min</b><br>Or a walk | Long ride<br><b>1 hour 15 min</b><br>Take breaks when needed           |
| 3    | Rest   | Easy ride<br><b>35 min</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>50 min</b><br>Steady pace            | Rest   | Optional easy ride<br><b>30 min</b><br>Or a walk | Long ride<br><b>1 hour 30 min</b><br>Take breaks when needed           |
| 4    | Rest   | Easy ride<br><b>25 min</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>40 min</b><br>Steady pace            | Rest   | Rest<br>(or a short walk)                        | Long ride<br><b>1 hour 15 min</b><br>Easier week - keep it comfortable |
| 5    | Rest   | Easy ride<br><b>35 min</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>55 min</b><br>Steady pace            | Rest   | Optional easy ride<br><b>35 min</b><br>Or a walk | Long ride<br><b>1 hour 45 min</b><br>Take breaks when needed           |
| 6    | Rest   | Easy ride<br><b>40 min</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>1 hour</b><br>Find a few small hills | Rest   | Optional easy ride<br><b>35 min</b><br>Or a walk | Long ride<br><b>2 hours</b><br>Take breaks when needed                 |

# TRAINING PLAN

Weeks 7-12

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

# TRAINING PLAN

Weeks 13-18

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

# TRAINING PLAN

Weeks 19-24

| Week | Monday | Tuesday                                      | Wednesday                      | Thursday  | Friday | Saturday   | Sunday  |
|------|--------|--|--------------------------------|---|--------|--|---|
| 19   | Rest   | Easy ride<br><b>1 hour</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>1 hour 50 min</b><br>Steady pace            | Rest   | Optional easy ride<br><b>55 min</b><br>Or a walk | Long ride<br><b>4 hours 30 min</b><br>Include some hills if you can       |
| 20   | Rest   | Easy ride<br><b>45 min</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>1 hour 20 min</b><br>Find a few small hills | Rest   | Rest<br>(or a short walk)                        | Long ride<br><b>3 hours 30 min</b><br>Easier week - keep it comfortable   |
| 21   | Rest   | Easy ride<br><b>1 hour</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>1 hour 55 min</b><br>Steady pace            | Rest   | Optional easy ride<br><b>1 hour</b><br>Or a walk | Long ride<br><b>4 hours 45 min</b><br>Include some hills if you can       |
| 22   | Rest   | Easy ride<br><b>1 hour</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>2 hours</b><br>Find a few small hills       | Rest   | Optional easy ride<br><b>1 hour</b><br>Or a walk | Long ride<br><b>5 hours</b><br>Include some hills if you can              |
| 23   | Rest   | Easy ride<br><b>45 min</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>1 hour 15 min</b><br>Steady pace            | Rest   | Optional easy ride<br><b>45 min</b><br>Or a walk | Long ride<br><b>3 hours 30 min</b><br>Easier week - keep it comfortable   |
| 24   | Rest   | Easy ride<br><b>30 min</b><br>Keep it gentle | Rest<br>(or gentle stretching) | Steady ride<br><b>40 min</b><br>Find a few small hills        | Rest   | Rest<br>(or a short walk)                        | Dartmoor Classic!<br><b>Medio 66 miles</b><br>Take it steady and enjoy it |