

Spirit of Hope Training Schedule				Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday			Target weekly mileage (km)		Weekly Actuals														
Recommended Perceived Intensity Level				Easy - Moderate			Easy			Easy - Moderate			Easy			Moderate - Hard			Moderate			Moderate			Min. km	Max. km															
Recommended Heart Rate Zone				Zone 2 & 3			Zone 1 & 2			Zone 2 & 3			Zone 1 & 2			Zone 3 & 4			Zone 2 & 3			Zone 2 & 3																			
Week#	Start	Finish	Focus	km	to	km	Actual KMs	Non riding Exercise (hours)	km	to	km	Actual KMs	Non riding Exercise (hours)	km	to	km	Actual KMs	Non riding Exercise (hours)	km	to	km	Actual KMs	Non riding Exercise (hours)	km	to	km	Actual KMs	Non riding Exercise (hours)	km	to	km	Weekly Actuals	Status	Notes							
1	01-Jan	07-Jan	Cross Training						8	to	11			15	to	20			8	to	11			10	to	14			14	to	19			56	75	0	TBD	Weekly Zwift indoor rides			
2	08-Jan	14-Jan	Cross Training						9	to	12			15	to	20			9	to	12			11	to	15			16	to	21			61	81	0	TBD	Weekly Zwift indoor rides			
3	15-Jan	21-Jan	Cross Training						10	to	13			15	to	20			10	to	13			13	to	17			18	to	24			66	87	0	TBD	Weekly Zwift indoor rides			
4	22-Jan	28-Jan	Cross Training						11	to	15			15	to	20			11	to	15			14	to	19			20	to	26			71	94	0	TBD	Weekly Zwift indoor rides			
5	29-Jan	04-Feb	Cross Training						12	to	16			15	to	20			12	to	16			15	to	21			22	to	29			77	102	0	TBD	Weekly Zwift indoor rides			
6	05-Feb	11-Feb	Cross Training						14	to	18			15	to	20			14	to	18			17	to	23			24	to	32			83	110	0	TBD	Weekly Zwift indoor rides			
7	12-Feb	18-Feb	Cross Training						15	to	20			15	to	20			15	to	20			19	to	25			26	to	35			89	119	0	TBD	Weekly Zwift indoor rides			
8	19-Feb	25-Feb	Cross Training			Louis Riel Day			16	to	22			15	to	20			16	to	22			20	to	27			28	to	38			96	129	0	TBD	Weekly Zwift indoor rides			
9	26-Feb	03-Mar	Cross Training						18	to	24			15	to	20			18	to	24			22	to	30			31	to	42			104	139	0	TBD	Weekly Zwift indoor rides			
10	04-Mar	10-Mar	Build Base						19	to	26			15	to	20			19	to	26			24	to	32			34	to	45			112	150	0	TBD	Weekly Zwift indoor rides			
11	11-Mar	17-Mar	Build Base						21	to	28			15	to	20			21	to	28			27	to	35			37	to	50			121	162	0	TBD	Weekly Zwift indoor rides			
12	18-Mar	24-Mar	Build Base						23	to	31			15	to	20			23	to	31			29	to	39			41	to	54			131	175	0	TBD	Weekly Zwift indoor rides			
13	25-Mar	31-Mar	Build Base						25	to	34			15	to	20			25	to	34			32	to	42			44	to	59			142	189	0	TBD	Weekly Zwift indoor rides			
14	01-Apr	07-Apr	Get Outside						20	to	30								27	to	35			47	to	61			60	to	78			153	204	0	TBD	Outdoor group rides start			
15	08-Apr	14-Apr	Get Outside						20	to	30								29	to	38			47	to	67			61	to	86			165	220	0	TBD	Outdoor group rides			
16	15-Apr	21-Apr	Get Outside						20	to	30								32	to	42			52	to	73			67	to	94			178	238	0	TBD	Outdoor group rides			
17	22-Apr	28-Apr	Get Outside						20	to	30								35	to	45			57	to	79			73	to	102			193	257	0	TBD	Outdoor group rides			
18	29-Apr	05-May	Get Outside	40	to	50			20	to	30													50	to	60			98	to	138			208	278	0	TBD	Destination rides start			
19	06-May	12-May	Get Outside	40	to	50			20	to	30													50	to	60			Optional Rides			115	to	160			225	300	0	TBD	Outdoor group rides
20	13-May	19-May	Get Outside	40	to	50			20	to	30													50	to	60			Optional Rides			133	to	184			243	324	0	TBD	Outdoor group rides
21	20-May	26-May	Get Outside	40	to	50			20	to	30													50	to	60			Optional Rides			152	to	210			262	350	0	TBD	Outdoor group rides
22	27-May	02-Jun	Get Outside	40	to	50			20	to	30													87	to	119			87	to	119			283	378	0	TBD	Outdoor group rides			
23	03-Jun	09-Jun	Get Outside	40	to	50			20	to	30													98	to	134			98	to	134			306	408	0	TBD	Outdoor group rides			
24	10-Jun	16-Jun	Get Outside	40	to	50			20	to	30													110	to	150			110	to	150			330	440	0	TBD	Outdoor group rides			
25	17-Jun	23-Jun	Peak	40	to	50			20	to	30													50	to	60			123	to	168			357	476	0	TBD	Training Peak			
26	24-Jun	30-Jun	Taper	20	to	25			10	to	15													25	to	30			62	to	84			178	238	0	TBD	Taper Week			
27	01-Jul	07-Jul	SOH			Canada Day								0	to	66																		89	243	0	TBD	Spirit of Hope			

Total KM: 5,964  
Total Hours (@ 20km/h): 298

Colour Legend	
Holidays	Rider Orientation
Group rides	Mandatory meeting
Zwift virtual rides	2024 Spirit of Hope
Self Tracked Activity	

KM/Hour of exercise: 15



# Spirit of Hope

## July 3 - 5, 2024