



INTERMEDIATE TRAINING GUIDE

MAY 1 - MAY 31, 2023

Created by Canadian Olympic gold medallist Lori-Ann Muenzer!

"When in doubt, pedal it out!"

Welcome to your Life Cycle training guide! This weekly plan is designed to get you up to speed with regular cycling in preparation for Life Cycle in June. Track your times or distances and set achievable weekly goals. Can't make the days below work? Choose the days that work best for you! Looking for some extra motivation? Join the Life Cycle community on Instagram at @LifeCycle4Kids and share your progress #LifeCycle4Kids!



Share why you ride

#lifecycle4kids



Make that first donation



Invite friends to join your team

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL (KM OR TIME)
1 May 1 - May 7	1	2	3	4	5	6 RIDE 45-60 mins.	7 RIDE 45-90 mins.	
GOAL: 3-4 RIDES PER WEEK								
2 May 8 - May 14	8	9 RIDE 45-90 mins.	10	11 RIDE 45-90 mins.	12	13 RIDE 45-60 mins.	14 RIDE 45-90 mins.	
GOAL: 3-4 RIDES PER WEEK								
3 May 15 - May 21	15	16 RIDE 45-90 mins.	17	18 RIDE 45-90 mins.	19	20 RIDE 45-90 mins.	21 RIDE 45-90 mins.	
GOAL: 3-4 RIDES PER WEEK								
4 May 22 - May 28	22	23 RIDE 60-90 mins.	24	25 RIDE 60-90 mins.	26	27 RIDE 45-90 mins.	28 RIDE 45-90 mins.	
GOAL: 3-4 RIDES PER WEEK								
5 May 29 - May 31	29	30 RIDE 60-90 mins.	31					
GOAL: 3-4 RIDES PER WEEK								
							MAY TOTAL (KM OR TIME)	

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INTERMEDIATE TRAINING GUIDE

JUNE 1 - JUNE 30, 2023

Created by Canadian Olympic gold medallist Lori-Ann Muenzer!

"And so the adventure begins!"

Welcome to your Life Cycle training guide! This weekly plan is designed to keep you rolling with regular rides throughout June for Life Cycle. Track your times or distances and set achievable weekly goals. Can't make the days below work? Choose the days that work best for you! Looking for some extra motivation? Join the Life Cycle community on Instagram at @LifeCycle4Kids and share your progress #LifeCycle4Kids!



Ask for
donations



Post your
progress



Thank your
donors

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL (KM OR TIME)
1 May 29 - June 4				1 RIDE 60-90 mins.	2	3 RIDE 60 mins.	4 RIDE 60-120 mins.	
GOAL: 3-4 RIDES PER WEEK								
2 June 5 - June 11	5	6 RIDE 60-90 mins.	7	8 RIDE 60-90 mins.	9	10 RIDE 60-90 mins.	11 RIDE 60-120 mins.	
GOAL: 3-4 RIDES PER WEEK								
3 June 12 - June 18	12	13 RIDE 60-90 mins.	14	15 RIDE 60-90 mins.	16	17 RIDE 60-120 mins.	18 RIDE 60-120 mins.	
GOAL: 3-4 RIDES PER WEEK								
4 June 19 - June 25	19	20 RIDE 60-90 mins.	21	22 RIDE 60-90 mins.	23	24 RIDE 60-120 mins.	25 RIDE 60-120 mins.	
GOAL: 3-4 RIDES PER WEEK								
5 June 26 - June 30	26	27 RIDE 60-90 mins.	28	29 RIDE 60-90 mins.	JUNE 30		JUNE TOTAL (KM OR TIME)	
GOAL: 3-4 RIDES PER WEEK								

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