



Presented by **MNP**

NOVICE TRAINING GUIDE

MAY 1 - MAY 31, 2022

Created by Canadian Olympic Cycling 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)
BONUS April 25 - May 1						30 RIDE 30-60 mins.	1	
1 May 2 - May 8	2	3	4 RIDE 30-60 mins.	5	6	7 RIDE 30-60 mins.	8	
GOAL: 2 RIDES PER WEEK								
2 May 9 - May 15	9	10	11 RIDE 30-60 mins.	12	13	14 RIDE 30-60 mins.	15	
GOAL: 2 RIDES PER WEEK								
3 May 16 - May 22	16	17	18 RIDE 30-60 mins.	19	20	21 RIDE 30-60 mins.	22	
GOAL: 2 RIDES PER WEEK								
4 May 23 - May 29	23	24	25 RIDE 30-60 mins.	26	27	28 RIDE 30-60 mins.	29	
GOAL: 2 RIDES PER WEEK								
5 May 30 - June 5	30	31						MAY TOTAL (KM OR TIME)

Training guide brought to you by





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NOVICE TRAINING GUIDE

JUNE 1 - JUNE 30, 2022

Created by Canadian Olympic Cycling 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 30 - June 5			1 RIDE 45-60 mins.	2	3	4 RIDE 45-75 mins.	5	
	GOAL: 2 RIDES PER WEEK							
2 June 6 - June 12	6	7	8 RIDE 45-60 mins.	9	10	11 RIDE 45-75 mins.	12 RIDE 30 mins.	
	GOAL: 2-3 RIDES PER WEEK							
3 June 13 - June 19	13	14	15 RIDE 45-75 mins.	16	17	18 RIDE 45-75 mins.	19 RIDE 30 mins.	
	GOAL: 2-3 RIDES PER WEEK							
4 June 20 - June 26	20	21	22 RIDE 45-75 mins.	23	24	25 RIDE 45-75 mins.	26 RIDE 30 mins.	
	GOAL: 2-3 RIDES PER WEEK							
5 June 27 - June 30	27	28	29 RIDE 45-75 mins.	JUNE 30		JUNE TOTAL (KM OR TIME)		
	GOAL: 2-3 RIDES PER WEEK							