

2023 Cyclist Training Resource

Taking on the challenge of being a cyclist on Gear Up Florida or Journey of Hope is no easy task. It will require time and commitment to make sure you are not only in good physical condition to handle the miles on the road, but just as important, to help make sure you know how to handle your bike safely. Although it will not be easy to get there, it will be so incredibly worth it once you make it safely to Arrival!

As a cyclist, you will be required to log training miles throughout the year for staff to be able to track your training progress. Here are your required miles to hit leading up to your trip.

Gear Up Florida = 800 miles

- December 31 = 150
- February 28 = 425
- April 23 = 800

Journey of Hope = 1,000 miles

- December 31 = 150
- February 28 = 425
- April 30 = 800
- May 31 = 1,000

**Please note that we expect these miles to be outdoor miles, but we do understand for some areas this is not possible during the winter months. Indoor miles (i.e. trainer, stationary bike, spin class) will be accepted through the end of February. All miles in March thru May must be completed outdoors, on the road, to count towards your required total.*

Remember, the more work you put into becoming a cyclist on the front end, the more you will enjoy your days on the bike during the trip!

Below you will find three different types of planning tools you can use to plan/schedule your training in order to exceed the required number of training miles to better prepare for your event.

(Gear Up Florida = 800; Journey of Hope = 1,000).

- Overall Training Goals – big picture breakdown of suggested training each week
- Sample Training Weeks – training schedule example broken down by day
- Sample Training Daily Schedule – full daily schedule breakdown for those that like to plan their day

Overall Training Goals

November – December

- Monday-Friday
 - 2 days of riding 12-18 miles (approx. 1 hour each)
 - 2 days of cross-training or weight training
 - 1 rest day
 - Saturday-Sunday
 - 1 day of riding 25-40 miles (approx. 2-3 hours)
 - 1 rest day
- OR
- 1 day of riding 15-30 miles (approx. 1-2 hours)
 - 1 day of riding 12-18 miles (approx. 1 hour)

January – February

- Monday-Friday
 - 2 days of riding 15-20 miles (approx. 60-90 minutes each)
 - 2 days of cross-training or weight training
 - 1 rest day
 - Saturday-Sunday
 - 1 day of riding 30-50 miles (approx. 2-4 hours)
 - 1 rest day
- OR
- 1 day of riding 20-35 miles (approx. 1-2 hours)
 - 1 day of riding 15-20 miles (approx. 1 hour)

March – April

- Monday-Friday
 - 2 days of riding 20-30 miles (approx. 1.5-2 hours each)
 - 1 day of cross-training or weight training
 - 1 day of core strength only
 - 1 rest day
- Saturday-Sunday (**group rides highly encouraged*)
 - 1 day of riding 40-60 miles (approx. 2.5-4 hours)
 - 1 day of riding 15-20 miles (approx. 1 hour)

May (JOH Only)

- Monday-Friday
 - 1 day of riding 20-30 miles (approx. 2-3 hours)
 - 1 day of riding 15-20 miles (approx. 1 hour)
 - 2 days of cross-training or weight training
 - 1 rest day
- Saturday-Sunday (**group rides highly encouraged*)
 - 1 day of riding 20-30 miles (approx. 1.5-2 hours)
 - 1 day of riding 50-75 miles (approx. 3-5 hours)

**If inclement weather prevents outdoor cycling, ride on trainer, stationary bike or spin class. At the very least, some form of cardio should be completed.*

Indoor miles will be accepted toward your overall mileage requirement through end of February. Beginning in March, only outdoor miles will count towards your final total.

Sample Training Weeks

Here is one way that you can block out your weeks to ensure proper miles and training is done for your upcoming trip...

November – December

Monday – off OR lift (45-60 minutes)

Tuesday – 45-60 minute ride (12-18 miles)

Wednesday – cross training or weight training

Thursday – 45-60 minute ride (12-18 miles)

Friday – off OR 1 hour cross training

Saturday – 1-2 hour ride (15-30 miles)

Sunday – 45-60 minute ride (12-18 miles)

January – February

Monday – cross training or weight training

Tuesday – 60-90 minute ride (15-20 miles)

Wednesday – rest day

Thursday – cross training or weight training

Friday – 60-90 minute ride (15-20 miles)

Saturday – 2-4 hour ride (30-50 miles)

Sunday – rest day

March – April

Monday – core strength training only

Tuesday – 1.5-2 hour ride (20-30 miles)

Wednesday – 1.5-2 hour ride (20-30 miles)

Thursday – cross training or weight training

Friday – rest day

Saturday – 2.5-4 hour ride (40-60 miles)

Sunday – 1 hour ride (15-20 miles)

May (JOH Only)

Monday – cross training or weight training

Tuesday – 1.5-2 hour ride (20-30 miles)

Wednesday – cross training or weight training

Thursday – 1 hour ride (15-20 miles)

Friday – rest day

Saturday – 3-5 hour ride (50-75 miles)

Sunday – 1.5-2 hour ride (20-30 miles)

