



14 WEEKS OF TRAINING TO HELP YOU MEET THE DOC'RIDERS CHALLENGE

1

WARMING UP

ENJOY YOURSELF: During your first weeks of training, don't push too hard and don't get hurt. Just enjoy the ride and have fun! Ideally you should practice between one and two hours, twice a week. On weekends, make it a nice outing with friends. Follow the same pace each week, adding 25% of time on the bicycle at the same cruising speed.

STAGE 1	WEEKLY RIDE #1	WEEKLY RIDE #2	WEEKEND TEAM RIDE
WEEK 1	1H00 cycling on flat road	1H00 cycling on flat pathways	3H00 team ride on the road
WEEK 2	1H15 cycling on flat road	1H15 cycling on flat pathways	3H00 team ride on the road
WEEK 3	1H30 cycling on flat road	1H30 cycling on flat pathways	3H30 team ride on the road
WEEK 4	1H45 cycling on flat road	1H45 cycling on flat pathways	4H00 team ride on the road

2

ENDURANCE WORK

This second phase allows you to consider how your body responds when you cycle for longer periods of time. Be attentive to your body's needs and take the opportunity to learn about yourself. During this phase, you should feel the satisfaction of being in better shape, especially during recovery.

STAGE 2	WEEKLY RIDE #1	WEEKLY RIDE #2	WEEKEND TEAM RIDE
WEEK 1	1H30 cycling roads with hills	1H30 cycling pathways with hills	3H00 team ride on pathways
WEEK 2	1H45 cycling roads with hills	1H45 cycling pathways with hills	4H00 team ride on pathways
WEEK 3	1H45 cycling roads with hills	1H45 cycling pathways with hills	5H00 team ride on pathways
WEEK 4	2H00 cycling roads with hills	2H00 cycling pathways with hills	2 team rides of 3H00 each over 2 days

3

DISTANCE TRAINING

BIKE EVERYWHERE, ALL THE TIME: your focus now turns to long distance training with the goal of meeting the coming challenge. Ideally, you should bicycle to and from all daily activities (to go shopping, to work, etc.). Decrease your weekly workout intensity and increase the weekend workout intensity, as a team if possible, to maintain rhythms and get to know each other

STAGE 3	WEEKLY RIDE #1	WEEKLY RIDE #2	WEEKEND TEAM RIDE
WEEK 1	1H30 cycling roads with hills	1H30 cycling pathways with hills	2 team rides of 5H00 each over 2 days
WEEK 2	1H30 cycling roads with hills	1H30 cycling pathways with hills	8H00 team ride on paths & roads
WEEK 3	1H30 cycling roads with hills	1H30 cycling pathways with hills	2 team rides of 5H00 each over 2 days

4

THE WARRIOR'S REST

You're now in good physical shape, and ready for Doc'Riders. In this last preparatory phase, you will considerably taper your training - you should arrive fresh and rested for the big day.

STAGE 4	WEEKLY RIDE #1	WEEKLY RIDE #2	WEEKEND TEAM RIDE
WEEK 12	We recommend you follow the training schedule of week 3.		
WEEK 13			
WEEK 14	REST		DOC'RIDERS

WE ARE HERE TO HELP YOU

Remember, you are on the Médecins du Monde team, so don't hesitate to contact us by email: hello@docrider.org or by telephone at +32 (0)2 225 43 45. **Once again, thank you for your participation.**

