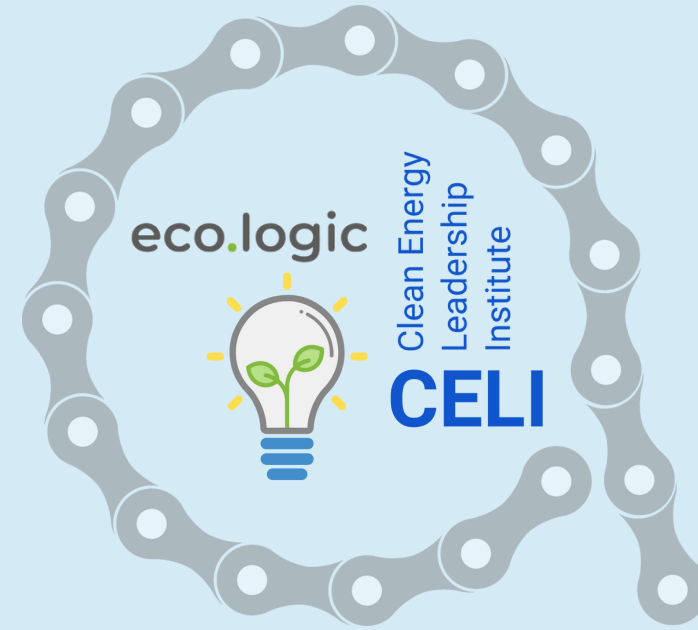


# GREEN FONDO CLIMATE RIDE

MAY 17-19  
2024

TRAIN WITH THE CELI TEAM!

## MEDIO RIDE



**1** DAY 1: 30-45MIN RIDE  
DAY 2: REST  
DAY 3: 30-45MIN RIDE  
DAY 4: REST

DAY 5: CROSS TRAIN  
DAY 6: REST  
DAY 7: 20 MILE RIDE

**3** DAY 1: 45-60MIN RIDE  
DAY 2: REST  
DAY 3: 45-60MIN RIDE  
DAY 4: CROSS TRAIN

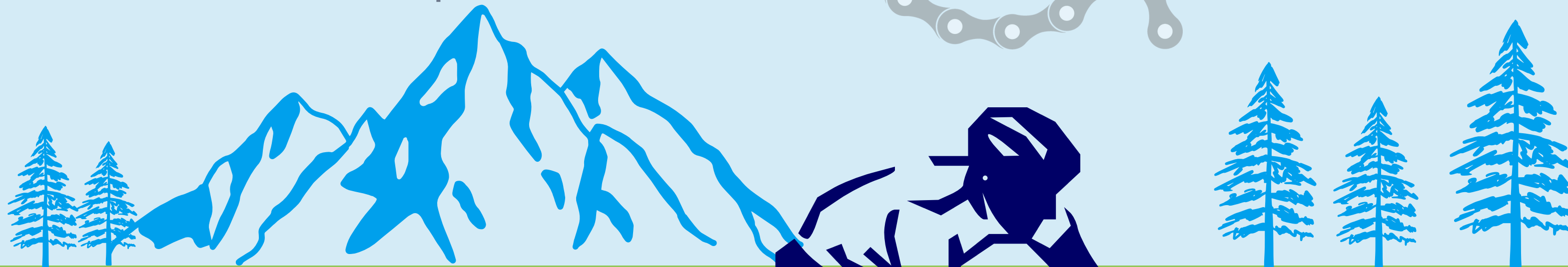
DAY 5: REST  
DAY 6: CROSS TRAIN  
DAY 7: 40 MILE RIDE

**2** DAY 1: 45-60MIN RIDE  
DAY 2: REST  
DAY 3: 45-60MIN RIDE  
DAY 4: CROSS TRAIN

DAY 5: REST  
DAY 6: CROSS TRAIN  
DAY 7: 30 MILE RIDE

**4** DAY 1: 60MIN RIDE  
DAY 2: REST  
DAY 3: 60MIN RIDE  
DAY 4: CROSS TRAIN

DAY 5: REST  
DAY 6: 20 MILE RIDE  
DAY 7: 40 MILE RIDE



\* Short rides can be done on a stationary bike. Pace should be moderate to high exertion. Think: pace that you can sustain and carry on a conversation. Cross Train Days can vary. Options include jog, walk, run, swim, yoga, strength training, etc.

**5** DAY 1: 60MIN RIDE  
DAY 2: REST  
DAY 3: 60MIN RIDE  
DAY 4: CROSS TRAIN

DAY 5: REST  
DAY 6: 20 MILE RIDE  
DAY 7: 50 MILE RIDE

**7** DAY 1: 60MIN RIDE  
DAY 2: REST  
DAY 3: 60MIN RIDE  
DAY 4: CROSS TRAIN

DAY 5: REST  
DAY 6: 30 MILE RIDE  
DAY 7: 60 MILE RIDE

**6** DAY 1: 60MIN RIDE  
DAY 2: REST  
DAY 3: 60MIN RIDE  
DAY 4: CROSS TRAIN

DAY 5: REST  
DAY 6: 20 MILE RIDE  
DAY 7: 60 MILE RIDE

**8** DAY 1: 60MIN RIDE  
DAY 2: REST  
DAY 3: 60MIN RIDE  
DAY 4: CROSS TRAIN

DAY 5: 60MIN RIDE  
DAY 6: REST  
DAY 7: 40 MILE RIDE

