

# Police Unity Tour Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 1</b>						
	Endurance Ride - 30minutes		Endurance Ride - 30minutes		Endurance Ride - 45minutes	
<b>Week 2</b>						
	Endurance Ride - 30minutes		Endurance Ride - 30minutes		Endurance Ride - 45minutes	
<b>Week 3</b>						
	Endurance Ride - 45minutes		Endurance Ride - 30minutes		Endurance Ride - 45minutes	
<b>Week 4</b>						
	Endurance Ride - 45minutes		Endurance Ride - 45minutes		Endurance Ride - 45minutes	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 5</b>						
	Endurance Ride - 1.0 hours		Endurance Ride - 45minutes		Endurance Ride - 1.0 hours	
<b>Week 6</b>						
	Endurance Ride - 1.0 hours		Endurance Ride - 45minutes		Endurance Ride - 1.0 hours	Endurance Ride - 30minutes
<b>Week 7</b>						
	Endurance Ride - 1.0 hours		Endurance Ride - 1.0 hours		Endurance Ride - 1.0 hours	Endurance Ride - 45minutes
<b>Week 8</b>						
	Tempo 4x8min 3min RBI - 1hr 20 min		Endurance Ride - 1.0 hours		Endurance Ride - 1.0 hours	Endurance Ride - 1.0 hours

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 9</b>						
	Tempo 4x8min 3min RBI - 1hr 20 min		Tempo 4x8min 3min RBI - 1hr 20 min		Endurance Ride - 1.0 hours	Endurance Ride - 1.0 hours
<b>Week 10</b>						
	Tempo 3x10min 3min RBI - 1hr 20 min		Tempo 3x10min 3min RBI - 1hr 20 min		Endurance Ride - 1.0 hours	Endurance Ride - 1.0 hours
<b>Week 11</b>						
	Tempo 3x10min 3min RBI - 1hr 20 min		Tempo 3x10min 3min RBI - 1hr 20 min		Endurance Ride - 1.5 hours	Endurance Ride - 1.0 hours
<b>Week 12</b>						
	Tempo 3x10min 3min RBI - 1hr 20 min		Tempo 3x10min 3min RBI - 1hr 20 min		Endurance Ride - 1.5 hours	Endurance Ride - 1.0 hours
<b>Week 13</b>						
REST	Tempo 3x10min 3min RBI - 1hr 20 min	REST	REST	REST	Endurance Ride - 2.0 hours	Endurance Ride - 1.5hr
<b>Week 14</b>						
	Threshold Interval 4x8min 3min RBI - 1hr 20 min		Threshold Interval 4x8min 3min RBI - 1hr 20 min		Endurance Ride - 2.0 hours	Endurance Ride - 1.5hr
<b>Week 15</b>						
REST	Threshold Interval 4x8min 3min RBI - 1hr 20 min	REST	Threshold Interval 4x8min 3min RBI - 1hr 20 min	REST	Endurance Ride - 2.0 hours	Endurance Ride - 2.0 hours

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<b>Week 16</b>						
REST	Threshold Interval 4x8min 3min RBI - 1hr 20 min	REST	Threshold Interval 4x8min 3min RBI - 1hr 20 min	REST	Endurance Ride - 3.0 hours	Endurance Ride - 2.0 hours
<b>Week 17</b>						
Endurance Ride - 1.0 hours	REST	REST	REST	REST	Endurance Ride - 3.0 hours	Endurance Ride - 3.0 hours
<b>Week 18</b>						
REST	Threshold Interval 4x10min 5min RBI - 1hr 20 min	Threshold Interval 4x10min 5min RBI - 1hr 20 min	Endurance Ride - 1.0 hours	REST	Endurance Ride - 3.0 hours	Endurance Ride - 3.0 hours
<b>Week 19</b>						
REST	Threshold Interval 4x10min 5min RBI - 1hr 20 min	Threshold Interval 4x10min 5min RBI - 1hr 20 min	Endurance Ride - 1.0 hours	REST	Endurance Ride - 3.0 hours	Endurance Ride - 3.0 hours
<b>Week 20</b>						
REST	Threshold Interval 4x10min 5min RBI - 1hr 20 min	Threshold Interval 4x10min 5min RBI - 1hr 20 min	REST	Endurance Ride - 1.0 hours	Endurance Ride - 4.0 hours	Endurance Ride - 2.0 hours
<b>Week 21</b>						
REST	REST	REST	Tempo 3x10min 3min RBI - 1hr 20 min	Tempo 3x10min 3min RBI - 1hr 20 min	Endurance Ride - 5.0 hours	Endurance Ride - 3.0 hours
<b>Week 22</b>						
REST	Tempo 4x10min 3min RBI - 1hr 20 min	Tempo 4x10min 3min RBI - 1hr 20 min	Endurance Ride - 1.0 hours	REST	Endurance Ride - 6.0 hours	Endurance Ride - 3.0 hours

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<b>Week 23</b>						
REST	Tempo 4x10min 3min RBI - 1hr 20 min	Tempo 4x10min 3min RBI - 1hr 20 min	REST	REST	Endurance Ride - 6.0 hours	Endurance Ride - 4.0 hours
<b>Week 24</b>						
REST	REST	REST	Threshold Interval 3x10min 5min RBI - 1hr 20 min	Threshold Interval 3x10min 5min RBI - 1hr 20 min	Endurance Ride - 6.0 hours	Endurance Ride - 5.0 hours
<b>Week 25</b>						
REST	REST	Threshold Interval 3x10min 5min RBI - 1hr 20 min	Threshold Interval 3x10min 5min RBI - 1hr 20 min	REST	Endurance Ride - 6.0 hours	Endurance Ride - 6.0 hours
<b>Week 26</b>						
REST	REST	Threshold Interval 3x10min 5min RBI - 1hr 20 min	Threshold Interval 3x10min 5min RBI - 1hr 20 min	REST	Endurance Ride - 2.0 hours	REST

## Police Unity Tour Training Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 27</b>						
REST	REST	Under Over Interval 4x9min 5min RBI - 1hr 9 min	Under Over Interval 4x9min 5min RBI - 1hr 9 min	REST	Endurance Ride - 3.5 hours	Endurance Ride - 2.0 hours
<b>Week 28</b>						
REST	REST	Under Over Interval 4x9min 5min RBI - 1hr 9 min	Under Over Interval 4x9min 5min RBI - 1hr 9 min	REST	Endurance Ride - 3.0 hours	Endurance Ride - 2.0 hours
<b>Week 29</b>						
REST	REST	Under Over Interval 4x9min 5min RBI - 1hr 9 min	Under Over Interval 4x9min 5min RBI - 1hr 9 min	REST	Endurance Ride - 4.0 hours	Endurance Ride - 2.0 hours
<b>Week 30</b>						
REST	REST	REST	Under Over Interval 4x12min 6min RBI - 1hr 28 min	Under Over Interval 4x9min 5min RBI - 1hr 9 min	Endurance Ride - 4.0 hours	Endurance Ride - 2.5 hours
<b>Week 31</b>						
REST	REST	Under Over Interval 4x12min 6min RBI - 1hr 28 min	Under Over Interval 4x9min 5min RBI - 1hr 9 min	REST	Endurance Ride - 3.0 hours	Endurance Ride - 3.0 hours
<b>Week 32</b>						
REST	Under Over Interval 4x12min 6min RBI - 1hr 28 min	REST	Under Over Interval 4x9min 5min RBI - 1hr 9 min	REST	Endurance Ride - 3.0 hours	Endurance Ride - 1.5 hours

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## Police Unity Tour Training Plan

Week 33						
REST	Endurance Ride - 1.5 hours	Endurance Ride - 1.5 hours	Endurance Ride - 1.5 hours	Endurance Ride - 1.5 hours	Tempo Intervals 4x15min 10min RBI - 2hr 20min	Endurance Ride - 3.0 hours
Week 34						
REST	REST	Endurance Ride - 1.5 hours	Endurance Ride - 1.5 hours	Endurance Ride - 1.5 hours	Endurance Ride - 2.0 hours	Endurance Ride - 1.5 hours
Week 35						
REST	Endurance Ride - 1 hour	REST	REST	Police Unity Tour	Police Unity Tour	Police Unity Tour