

EKO170 2027

12 WEEK RIDER TRAINING CALENDAR

19 October 2026 to 10 January 2027 | Gran Fondo 170 km | Medio Fondo 94.5 km

Start point: comfortable with a 60 km ride for Gran Fondo, or 35 km for Medio Fondo.

WEEKLY RHYTHM

Mon rest • Tue 45–75 min steady/tempo • Wed rest or light strength • Thu 60–90 min easy
Fri rest • Sat optional 45–60 min easy • Sun long ride at conversational pace

WK	DATES	WEEKLY FOCUS	170 KM LONG RIDE	94.5 KM LONG RIDE
1	19–25 Oct	Settle into three consistent rides	60–70 km	35–40 km
2	26 Oct–1 Nov	Build steady endurance	70–80 km	40–45 km
3	2–8 Nov	Add short, controlled tempo efforts	80–90 km	45–50 km
4	9–15 Nov	Recovery: easier, shorter rides	60–70 km	35–40 km
5	16–22 Nov	Build time in the saddle	90–100 km	50–55 km
6	23–29 Nov	Practise food and drink on the bike	100–110 km	55–60 km
7	30 Nov–6 Dec	Ride steady in wind; practise groups	110–120 km	60–70 km
8	7–13 Dec	Recovery: keep legs moving easily	75–85 km	45–50 km
9	14–20 Dec	Rehearse event kit, pacing and fuel	115–125 km	70–75 km
10	21–27 Dec	Longest supported training ride	125–140 km	75–85 km
11	28 Dec–3 Jan	Taper: reduce volume, stay supple	75–90 km	45–55 km
12	4–10 Jan	Easy spins; rest; event on Sunday	EVENT 170 km	EVENT 94.5 km

Adjust distances to current fitness. Recovery weeks are intentional; do not make up missed rides.
Long rides are practice, not races. Confirm event instructions and race-pack arrangements at www.eko170.com.