

The Princess Margaret
Cancer Foundation UHN

**CARRY
THE FIRE**



THE PRINCESS MARGARET
RIDE
TO CONQUER CANCER®

TRAINING & FUELLING GUIDE

Get ready for Ride weekend with a plan created by professional coaches.



LET'S GET READY TO RIDE

We're so excited that you're joining us for this year's Ride – thank you for fuelling life-saving cancer research at The Princess Margaret. We've written this guidebook to help ensure you have the best Ride experience possible.

Training for Your Ride

Riders of all levels are welcome to join the Ride as there are routes to suit all abilities. Training is recommended for the best experience, even if you're a well-experienced rider.

Starting on the next page, you'll find a comprehensive Ride training guide for beginners. It was created by Peter Glassford and Molly Hurford of Consummate Athlete.

About Your Training Coaches

Peter Glassford is a coach and kinesiologist who helps cyclists improve their skills, performance, and long-term health. Molly Hurford is a writer and endurance athlete who's passionate about movement and nutrition. Together, they co-host the Consummate Athlete Podcast, providing resources to keep athletes strong, healthy, and motivated.

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Like any other guidebook, just scan for the topics and tips you need or are interested in.

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ABOUT YOUR TRAINING PLAN

This plan is designed to get both newer and experienced riders ready for two back-to-back road cycling days. Rather than focusing on distance, we use time and Rate of Perceived Exertion (RPE) effort to guide your daily training. Your RPE refers to how hard you think you're pushing yourself during workouts. The RPE scale ranges from 1 to 10, with 1 being the least difficult and 10 being the most difficult. You can use the RPE scale to self-regulate your training intensity.

Intervals and hillier rides are used to enhance your fitness and boost your skills. Once a month, you will do a bigger ride with some distance goals but the main focus is getting on the bike frequently and finalizing your bike setup, equipment and the fuelling that works for you. If you need help or are looking for a more customized plan, you can book a call with professional cycling coach, Peter Glassford, [here](#).

Notes & Key Terms:

Warmup: Start each workout with a gradual warmup and do not rush to get into intensity. Most riders will take 15–30 minutes to warm up and get ready to work.

Cooldown: Finish each workout with 10–15 minutes of easy riding.

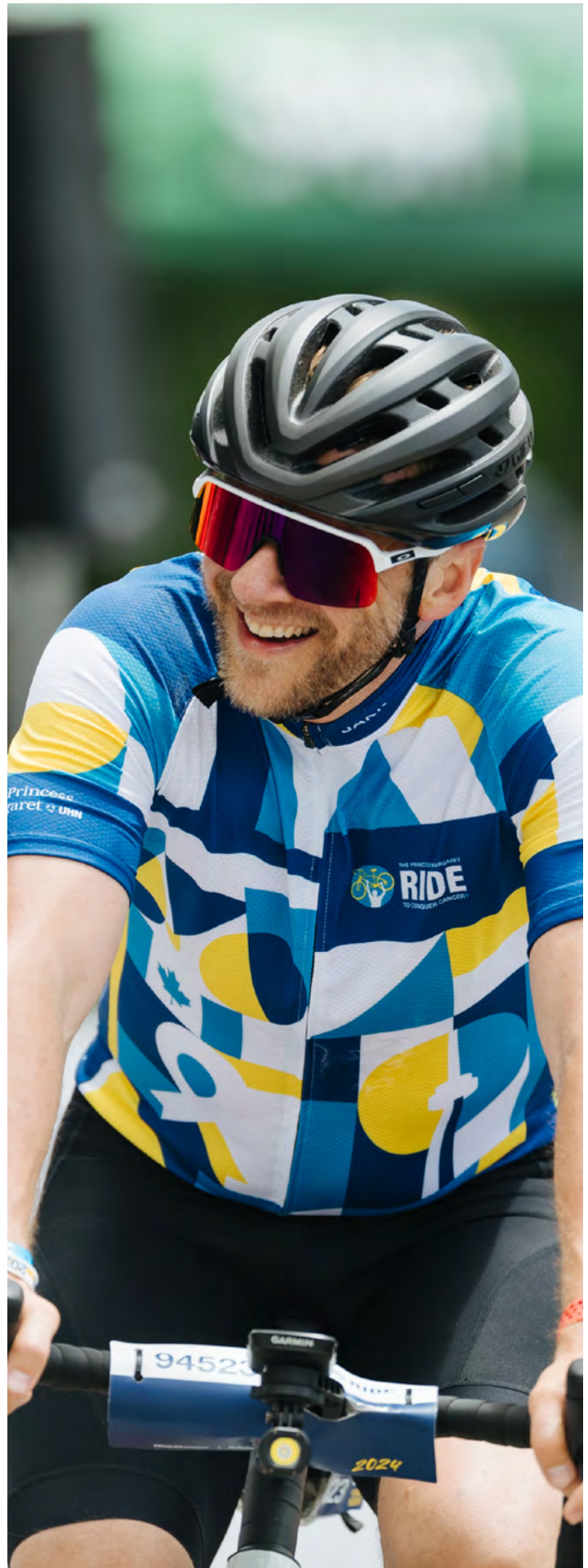
Easy intensity: Low intensity, steady for extended duration, able to talk in sentences (minimize coasting/sprinting), <75% Max Heart Rate (MHR), RPE 2–3. Can be cross-training at same exertion level.

Moderate to vigorous intensity: Confident in pace to finish set, not maximal, can say words but not full sentences, 80–90% Max Heart Rate, RPE 4–6 for moderate, 7–8 for vigorous. Try and find a good hill or harder section to motivate the work!

Fast intensity: Accelerate athletically, smooth and fast – by feeling given short duration (30 sec fast!), RPE of 8–10.

Hilly & moderate intensity: Pick a route that has several hills on it. Try to mix it up and practice navigating. Could be a group ride at your level (not max).

Sunday long ride: Smoother & flatter route. Practice fuelling and keeping legs moving for extended time (minimal stopping). Use this to prepare for back-to-back event days (gear, fuelling, pacing).



RIDE TRAINING PLAN

WEEK 1

Monday

Rest day

- Use Mondays to regroup and recover

☐

Tuesday

60 min with 2 x 8 min at moderate intensity

- 15-30 min warmup
- 2 x 8 min moderate (RPE 5-7)
- 3 min easy in between
- Cool down with easy riding for the rest of the duration

☐

Wednesday

30-60 min easy ride

- Alternatively, you can do a different low intensity exercise or rest

☐

Thursday

45 min with 30 sec fast intervals

- Warm up 10-20 min
- Every 8 min, ride fast for 30 sec (RPE 8-10)
- Ride easy to moderate in between each interval
- Cool down with easy riding

☐

Friday

Low intensity day

- Ex. easy walk, mobility/stretching, yoga, or rest

☐

Saturday

60 min ride on a hilly route

- Moderate intensity (RPE 4-6) with warmup & cooldown

☐

Sunday

45-90 min easy ride

☐

Total Hours: 3.5-6

RIDE TRAINING PLAN

WEEK 2

Monday

Rest day

- Review website and event details [here](#)

☐

Tuesday

60 min with 3 x 8 min at moderate intensity

- 15-30 min warmup
- 3 x 8 min moderate (RPE 5-7)
- 3 min easy in between
- Cool down with easy riding for the rest of the duration

☐

Wednesday

30-60 min easy ride

- Alternatively, you can do a different low intensity exercise or rest

☐

Thursday

60 min with 30 sec fast intervals

- Warm up 10-20 min
- Every 8 min, ride fast for 30 sec (RPE 8-10)
- Ride easy to moderate in between each interval
- Cool down with easy riding

☐

Friday

Low intensity day

- Ex. easy walk, mobility/stretching, yoga, or rest

☐

Saturday

60-90 min ride on a hilly route

- Moderate intensity (RPE 4-6) with warmup & cooldown

☐

Sunday

75-100 min easy ride

☐

Total Hours: 5-7

RIDE TRAINING PLAN

WEEK 3

Monday

Rest day

☐

Tuesday

60 min with 3–4 x 8 min at moderate intensity

- 15–30 min warmup
- 3–4 x 8 min moderate (RPE 5–7)
- 3 min easy in between
- Cool down with easy riding for the rest of the duration

☐

Wednesday

30–90 min easy ride

- Alternatively, you can do a different low intensity exercise or rest

☐

Thursday

60 min with 30 sec fast intervals

- Warm up 10–20 min
- Every 8 min, ride fast for 30 sec (RPE 8–10)
- Ride easy to moderate in between each interval
- Cool down with easy riding

☐

Friday

Low intensity day

- Ex. easy walk, mobility/stretching, yoga, or rest

☐

Saturday

60–90 min ride on a hilly route

- Moderate intensity (RPE 4–6) with warmup & cooldown

☐

Sunday

Big ride to finish the block

- 40–60 km on roads similar to event (90–120 min if indoors or cross-training)

☐

Total Hours: 6–9

RIDE TRAINING PLAN

WEEK 4 – REST WEEK

Monday

Rest day

- Prep bike and gear for the month ahead

☐

Tuesday

45–60 min with 3 x 5 min at moderate intensity

- 15–30 min warmup
- 3 x 5 min moderate (RPE 5–7)
- 3 min easy in between
- Cool down with easy riding for the rest of the duration

☐

Wednesday

30–90 min easy ride

- Alternatively, you can do a different low intensity exercise or rest

☐

Thursday

45 min with 4 x 30 sec fast intervals

- Warm up 10–20 min
- Ride fast for 30 sec (RPE 8–10) with 60 sec easy in between each interval
- Repeat 4 times
- Cool down with easy riding

☐

Friday

Low intensity day

- Ex. easy walk, mobility/stretching, yoga, or rest

☐

Saturday

45–60 min easy ride

☐

Sunday

90 min easy ride

☐

Total Hours: 4–7

RIDE TRAINING PLAN

WEEK 5

Monday

Rest day

- Have fuel and gear ready to test out this block

☐

Tuesday

60-90 min with 3-4 x 8 min at moderate intensity

- 15-30 min warmup
- 3-4 x 8 min moderate (RPE 5-7)
- 3 min easy in between
- Cool down with easy riding for the rest of the duration

☐

Wednesday

60-120 min easy ride

- Alternatively, you can do a different low intensity exercise or rest

☐

Thursday

60 min with 10 x 30 sec fast intervals

- Warm up well
- Then 10 x 30 sec fast (RPE 8-9) with 60 sec easy in between each interval
- Cool down to finish the ride

☐

Friday

Low intensity day

- Ex. easy walk, mobility/stretching, yoga, or rest

☐

Saturday

60-120 min ride on a hilly route at moderate intensity

- Ease into the ride just like event day, eat each hour, and drink often

☐

Sunday

130 min easy ride

- Ease into the ride, eat every hour, and drink often
- Rehearsal for day 2 of event

☐

Total Hours: 6.5-8

RIDE TRAINING PLAN

WEEK 6

Monday

Rest day

☐

Tuesday

60-90 min with 3-4 x 8 min at moderate intensity

- 15-30 min warmup
- 3-4 x 8 min moderate (RPE 5-7)
- 3 min easy in between
- Cool down with easy riding for the rest of the duration

☐

Wednesday

60-120 min easy ride

- Alternatively, you can do a different low intensity exercise or rest

☐

Thursday

60 min with 12 x 30 sec fast intervals

- Warm up well
- Then 12 x 30 sec fast (RPE 8-9) with 60 sec easy in between each interval
- Cool down to finish the ride

☐

Friday

Low intensity day

- Ex. easy walk, mobility/stretching, yoga, or rest

☐

Saturday

60-120 min ride on a hilly route at moderate intensity

- RPE 4-6 with warmup & cooldown

☐

Sunday

140 min easy ride

- Reflect on how you felt today
- Refine fuelling/pacing & equipment for event day

☐

Total Hours: 7-9

RIDE TRAINING PLAN

WEEK 7

Monday

Rest day

☐

Tuesday

60-90 min with 4 x 8 min at moderate intensity

- 15-30 min warmup
- 4 x 8 min moderate (RPE 5-7)
- 3 min easy in between
- Cool down with easy riding for the rest of the duration

☐

Wednesday

60-120 min easy ride

- Alternatively, you can do a different low intensity exercise or rest

☐

Thursday

60 min with 15 x 30 sec fast intervals

- Warm up well
- Then 15 x 30 sec fast (RPE 8-9) with 60 sec easy in between each interval
- Cool down to finish the ride

☐

Friday

Low intensity day

- Ex. easy walk, mobility/stretching, yoga, or rest

☐

Saturday

60-120 min ride on a hilly route at moderate intensity

- RPE 4-6 with warmup & cooldown

☐

Sunday

Big ride to finish the block

- Aim for more than 60 km on a route similar to event

☐

Total Hours: 7-11

RIDE TRAINING PLAN

WEEK 8 – REST WEEK

Monday

Rest day

- Prep bike and gear for the month ahead

☐

Tuesday

45–60 min with 3 x 5 min at moderate intensity

- 15–30 min warmup
- 3 x 5 min moderate (RPE 5–7)
- 3 min easy in between
- Cool down with easy riding for the rest of the duration

☐

Wednesday

30–60 min easy ride

- Alternatively, you can do a different low intensity exercise or rest

☐

Thursday

Easy 45 min with 4 x 30 sec fast intervals

- Warm up well
- Then 4 x 30 sec fast (RPE 8–9) with 60 sec easy in between each interval
- Cool down to finish the ride

☐

Friday

Low intensity day

- Ex. easy walk, mobility/stretching, yoga, or rest

☐

Saturday

60–90 min easy ride

☐

Sunday

90–180 min easy ride

☐

Total Hours: 4–7

RIDE TRAINING PLAN

WEEK 9

Monday

Rest day

- Finalize fuelling and gear this week so you are confident on event days

☐

Tuesday

60-120 min with 3 x 10 min at moderate intensity

- 15-30 min warmup
- 3 x 10 min moderate (RPE 5-7)
- 3 min easy in between
- Cool down with easy riding for the rest of the duration

☐

Wednesday

60-120 min easy ride

- Alternatively, you can do a different low intensity exercise or rest

☐

Thursday

60 min with 10 x 30 sec fast intervals

- Warm up well
- Then 10 x 30 sec fast (RPE 8-10) with 30 sec easy in between each interval
- Cool down easy to finish the ride

☐

Friday

Low intensity day

- Ex. easy walk, mobility/stretching, yoga, or rest

☐

Saturday

90-150 min ride on a hilly route at moderate intensity

- Ease into this day gradually, just like event day

☐

Sunday

180 min easy ride

- Reflect on how you felt on day 2
- Refine fuelling/pacing for event day

☐

Total Hours: 7-12

RIDE TRAINING PLAN

WEEK 10

Monday

Rest day

- Avoid last minute changes and get your bike in for service
- Check out the [Key Event Supporters](#) page for our Official Outfitter partners offering discounts

☐

Tuesday

60-120 min with 3 x 10 min at moderate intensity

- 15-30 min warmup
- 3 x 10 min moderate (RPE 5-7)
- 3 min easy in between
- Cool down with easy riding for the rest of the duration

☐

Wednesday

60-120 min easy ride

- Alternatively, you can do a different low intensity exercise or rest

☐

Thursday

60 min with 12 x 30 sec fast intervals

- Warm up well
- Then 12 x 30 sec fast (RPE 8-10) with 30 sec easy in between each interval
- Cool down easy to finish the ride

☐

Friday

Low intensity day

- Ex. easy walk, mobility/stretching, yoga, or rest

☐

Saturday

90-150 min ride on a hilly route at moderate intensity

- RPE 4-6 with warmup & cooldown

☐

Sunday

150 min easy ride

☐

Total Hours: 8-11

RIDE TRAINING PLAN

WEEK 11

Monday	Rest day <ul style="list-style-type: none">- Reduce training hours and schedule time this week to rest before the event next week	<input type="checkbox"/>
Tuesday	60-120 min with 2 x 10 min at moderate intensity <ul style="list-style-type: none">- 15-30 min warmup- 2 x 10 min moderate (RPE 5-7)- 3 min easy in between- Cool down with easy riding for the rest of the duration	<input type="checkbox"/>
Wednesday	60-120 min easy ride <ul style="list-style-type: none">- Alternatively, you can do a different low intensity exercise or rest	<input type="checkbox"/>
Thursday	60 min with 15 x 30 sec fast intervals <ul style="list-style-type: none">- Warm up well- Then 15 x 30 sec fast (RPE 8-10) with 30 sec easy in between each interval- Cool down easy to finish the ride	<input type="checkbox"/>
Friday	Low intensity day <ul style="list-style-type: none">- Ex. easy walk, mobility/stretching, yoga, or rest	<input type="checkbox"/>
Saturday	60 min ride on a hilly route at moderate intensity <ul style="list-style-type: none">- RPE 4-6 with warmup & cooldown	<input type="checkbox"/>
Sunday	60-90 min easy ride	<input type="checkbox"/>

Total Hours: 6-8

RIDE TRAINING PLAN

WEEK 12 – EVENT WEEK

Monday

Rest day

- Prepare for the weekend to avoid rushing

☐

Tuesday

45–60 min with 3 x 5 min at moderate intensity

- 15–30 min warmup
- 3 x 5 min moderate (RPE 5–7)
- 3 min easy in between
- Cool down with easy riding for rest of the duration

☐

Wednesday

30–60 min easy ride

- Alternatively, you can do a different low intensity exercise or rest

☐

Thursday

Easy 45 min with 4 x 30 sec fast intervals

- Warm up well
- Then 4 x 30 sec fast (RPE 8–10) with 60 sec easy in between each interval
- Cool down easy to finish the ride

☐

Friday

Low intensity day

- Ex. easy walk, mobility/stretching, yoga, or rest

☐

Saturday

Ride to Conquer Cancer Day 1

- Ease into the day and eat every hour during the ride and drink often
- Eat/drink well after and be in bed at a good time (not too much celebration, there is still day 2!)

☐

Sunday

Ride to Conquer Cancer Day 2

- Ease into the day to finish strong and eat/drink well after to start recovery

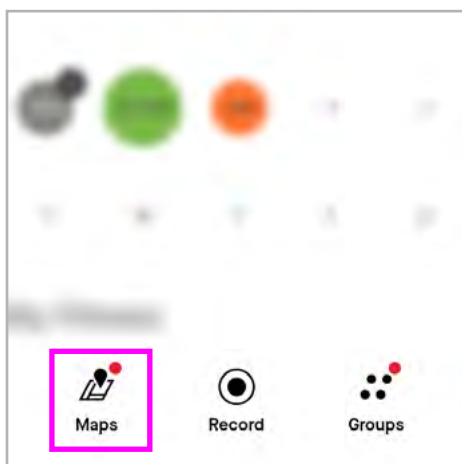
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USE STRAVA FOR TRAINING AND TRACKING

Strava is an excellent free tool for connecting with your teammates, keeping track of your training, sharing progress updates and more.

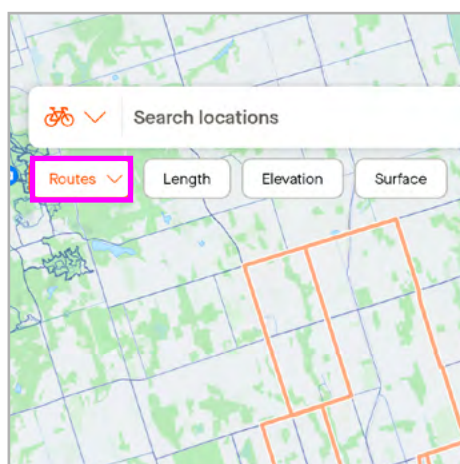
Pro tip: Join [The Princess Margaret Ride to Conquer Cancer Strava Club](#) to stay up to date on club events and get some Ride inspiration.

How to Find Routes in Your Area:



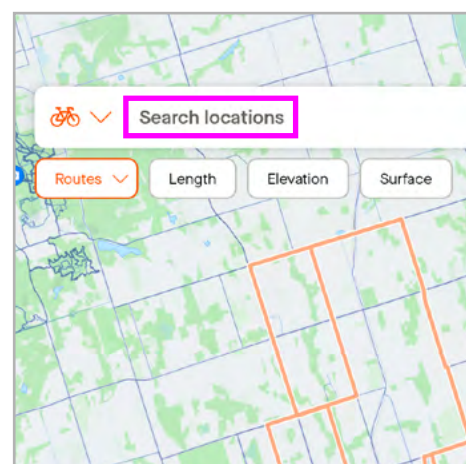
Step 1

Select "Maps" from the bottom navigation menu



Step 2

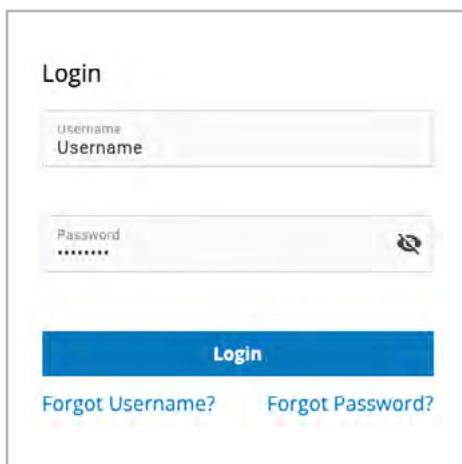
Tap "Routes" (Strava will default to using your current location as a starting point)



Step 3

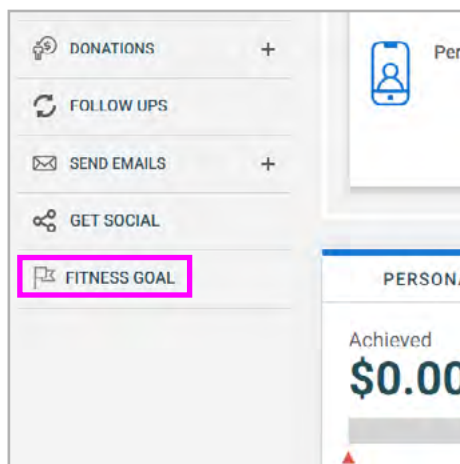
To change your location, tap the search bar above or long-press on the map to drop a pin at a new location

How to Link Strava to Your Fundraising Page:



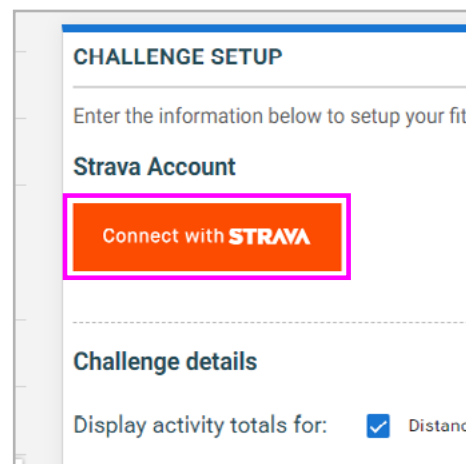
Step 1

Log into the [Participant Centre](#)



Step 2

Click "Fitness Goal"



Step 3

Click "Connect with Strava"

FUELLING YOUR RIDE

An integral part of getting ready for your Ride is making sure you're properly fuelled.

We use "fuelling" instead of "nutrition" because that's really what you're doing – you're putting fuel in your tank. And the more high-quality fuel you have to burn, the smoother and more fun your Ride will be.

Starting on the next page, you'll see Coach Andrew Randell's guide on how to properly fuel up for the big event. It includes what and when to eat and drink, and the reasons why it will make your Ride a success.

About Andrew Randell

Andrew Randell, a former professional road cyclist, is a coach and strength training expert with decades of experience. He emphasizes consistency, longevity, fun, performance, and stress relief in his approach to cycling, which he considers his medicine. Andrew helps Riders train together while cultivating their love for the bike.

Andrew Randell
Professional Road Cyclist & Coach



CALORIES

We used to think that athletes could only consume about 240 calories per hour, but now we know that the body can take in over 300 calories per hour.

Note: Everyone's body is different, so your fuelling strategy needs to be personalized and practiced before you begin your Ride.

For example, you don't necessarily need to consume 300 calories per hour, but one 75-calorie cycling gel (a small packet of a concentrated energy source you can take while riding) per hour might not be enough either.

Tip: Try consuming more calories while cycling and see how you feel. You may notice a significant difference in your energy towards the latter parts of your route.



BETTER FUELLING: HOW TO PRACTICE AND PLAN

As we start consuming more calories on a long ride, we try to avoid one thing: Getting an upset stomach.

How can we do that? By training ourselves to get used to the feeling of getting more fuel while riding. To start off, you should create, test, and practice an hourly caloric intake plan.

For example, if your goal is 150 calories/hour, you could plan to eat half a bagel with jam each hour to see how your stomach feels. If your stomach feels OK, try three-quarters of a bagel and see how you feel then, and so on.

With practice, you'll get more comfortable increasing your fuel while riding.

Fuel Preparation

A high-calorie drink mix is an easy way to fuel your Ride while staying hydrated. Mix 2 to 3 scoops with water and aim to finish one per hour for 200 – 300 calories.

Pro Tip: Bring extra baggies of drink mix for refills at rest stops.

If you prefer solid food, a bagel or jam sandwich provides about 250–300 calories, and you'll find more snacks like bagels and Rice Krispie squares at the rest stops. For a fun option, Jujubes can serve as a tasty reward after a tough climb but be mindful of their fibre content.



Reduce Fibre and Fat

To avoid an upset stomach during the Ride, limit fibre and fat in your pre-event meals. Simple options like chicken with white rice for dinner or bagels instead of oatmeal for breakfast can help. Monitor your meals to reduce your fibre and fat intake so you'll be ready to Ride.

Breakfast Timing

Eat breakfast a couple of hours before your start time to leave time for digestion before you hit the road.

Note: The Ride is fun but can also make you feel nervous, which can lead to some tummy rumbling. Please don't worry – it's a common reaction and some breathing exercises can help.

Bonking

In cycling, the term "bonking" means running out of fuel. It describes when your legs feel empty, and you feel like you can't push anymore. To avoid bonking, fuel properly and ensure your tank stays full.

If you start to feel fatigued, a quick dose of sugar, like a gel or soda, can give you an instant boost. After that, get back to your fuelling plan to maintain your energy for the rest of the day.

PUTTING IT ALL TOGETHER

No matter which route you plan to do, increasing the amount of fuel you put in your tank will have a positive impact on your Ride.

To Sum It All Up:

- Practice ahead of time
- Monitor your fibre intake
- Time your breakfast right
- Avoid bonking by ingesting enough calories per hour

From there, you'll be all set to have an epic Ride!



MORE RESOURCES AT YOUR FINGERTIPS

Click the links below to check out our other guidebooks:

[Ride 101 Guide](#)

[Fundraising Guide](#)

[Team Captains' Guide](#)



Remember, the Ride Team is always here to help!

Visit our [FAQ page](#) to find answers or contact us directly and we'll respond as soon as we can.

Email: rideguides@thepmcf.ca | **Phone:** 1-877-699-BIKE [2453]

