

OVERLAND | Canadian Rockies & Montana Pre-trip Training

Preparing to bike from Banff, Canada to Missoula, Montana

Training for Canadian Rockies & Montana 2-week requires focus, time management and dedication. In the months leading up to trip start, you will build your fitness and familiarity with bicycling by increasing your mileage progressively. Training is essential in preparing you for a healthy and enjoyable experience on this challenging trip. Use this calendar to track your training over the 12 weeks before your trip. Hand in your completed calendar to your leaders upon arrival at trip start. Feel free to contact us with questions.

Responsible Riding Practices

In addition to building fitness and familiarity with bicycling, preparation for Canadian Rockies & Montana includes increasing your awareness of responsible riding practices. Your Overland leaders will review safety practices and reinforce responsible riding at trip start and each day of riding.

The following guidelines have been developed by the League of American Bicyclists to help manage the risks associated with biking on roads; however, managing risks does not eliminate them. We encourage you to follow these guidelines when training for your trip, and we also encourage you to consult with local bike shops for route and riding advice.

FOLLOW THE LAW

You have the same rights and responsibilities as drivers. Obey traffic signals and stop signs. Ride with traffic; use the rightmost lane headed in the direction you are going.

BE PREDICTABLE

Make your intentions clear to everyone on the road. Ride in a straight line and don't swerve between parked cars. Signal turns, and check behind you well before turning or changing lanes.

BE VISIBLE

Ride where people can see you and wear bright clothing. Use a front white light, red rear light and reflectors when visibility is poor. Make eye contact with others and don't ride on sidewalks. When possible, ride with others; do not ride alone.

THINK AHEAD

Watch for turning vehicles and ride outside the door zone of parked cars. Look out for debris, potholes, and other road hazards. Cross railroad tracks at right angles.

RIDE READY

Check that your tires are sufficiently inflated, brakes are working, chain runs smoothly, and quick release levers are closed. Carry tools and supplies that are appropriate for your ride. Wear a helmet.

Adapted from "Rules of the Road," <http://www.bikeleague.org/>

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Preparing for Biking

Daily rides on Canadian Rockies & Montana average 75 miles over varying terrain. There are six days over 75 miles and the longest day is approximately 113 miles (exact mileage may vary by group). The itinerary also includes one buffer day spent stand-up paddleboarding in Whitefish, Montana.

Overland bicycle tours are self-contained—there is no van support. You will carry all of your belongings, plus some group gear and food, on a sturdy rack mounted over the back wheel of your bike. You will hang panniers (these are saddlebags, pronounced “pan-yers”) off the rack and attach gear like your sleeping bag and sleeping pad to the top of the rack using bungee cords. On average, you will carry between 30 and 40 pounds of equipment on your bike (not including the weight of the bike).

While there is always a range of physical ability and fitness in each group, it's important that you follow our training schedule and that you take the time to gain confidence on a bike—mounting and dismounting, shifting gears, braking and making turns. Successful groups are the ones where the stronger riders commit themselves to support the weaker riders and where the weaker riders work hard to improve their riding. If you cannot easily maintain the minimum speeds required, then you are going to have to train more—and harder—than the requirements that we have outlined.

Pre-trip Training

- 12 weeks before your trip: two rides a week of one hour or about 12 miles.
- 8 weeks before your trip: two rides a week of 90 minutes or about 18 miles.
- 4 weeks before your trip: four rides a week; two of two hours or about 24 miles, and two of four hours or about 48 miles.
- You should also complete one ride of 75 miles or greater.

All training rides should be fully loaded and over varied terrain. Any rides that are unloaded (i.e., without your panniers, sleeping bag, etc.) must be at an average speed of at least 14 miles per hour; all loaded training rides must be at an average speed of at least 12 miles per hour .

Groups typically average between 10 and 12 miles per hour while riding (although pace varies by group). You will start riding at first light, taking short breaks during the day, and complete the day's ride in the late afternoon to early evening.

Name:

Canadian Rockies & Montana Pre-trip Training | Weeks 12-10 before your trip

12 weeks before your trip: two rides a week of one hour or about 12 miles.

8 weeks before your trip: two rides a week of 90 minutes or about 18 miles.

4 weeks before your trip: four rides a week; two of two hours or about 24 miles, and two of four hours or about 48 miles.

Sun.

Mon.

Tues.

Weds.

Thurs.

Fri.

Sat.

12

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

11

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

10

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

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Name:

Canadian Rockies & Montana Pre-trip Training | Weeks 9-7 before your trip

12 weeks before your trip: two rides a week of one hour or about 12 miles.

8 weeks before your trip: two rides a week of 90 minutes or about 18 miles.

4 weeks before your trip: four rides a week; two of two hours or about 24 miles, and two of four hours or about 48 miles.

Sun.

Mon.

Tues.

Weds.

Thurs.

Fri.

Sat.

9

weeks out

	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

8

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

7

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

OVERLAND

Name:

Canadian Rockies & Montana Pre-trip Training | Weeks 6-4 before your trip

12 weeks before your trip: two rides a week of one hour or about 12 miles.

8 weeks before your trip: two rides a week of 90 minutes or about 18 miles.

4 weeks before your trip: four rides a week; two of two hours or about 24 miles, and two of four hours or about 48 miles.

Sun.

Mon.

Tues.

Weds.

Thurs.

Fri.

Sat.

6

weeks out

	Sun.	Mon.	Tues.	Weds.	Thurs.	Fri.	Sat.
Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

5

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

4

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

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Name:

Canadian Rockies & Montana Pre-trip Training | Weeks 3-1 before your trip

12 weeks before your trip: two rides a week of one hour or about 12 miles.

8 weeks before your trip: two rides a week of 90 minutes or about 18 miles.

4 weeks before your trip: four rides a week; two of two hours or about 24 miles, and two of four hours or about 48 miles.

One ride of 75 miles or greater.

Sun.

Mon.

Tues.

Weds.

Thurs.

Fri.

Sat.

3

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

2

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

1

weeks out

Date:	Date:	Date:	Date:	Date:	Date:	Date:
Duration:	Duration:	Duration:	Duration:	Duration:	Duration:	Duration:
Miles:	Miles:	Miles:	Miles:	Miles:	Miles:	Miles:

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Student signature _____