

2020 Tour de Cure at Lake Nona

TRAINING RIDE SCHEDULE

Fun and approachable rides that will build up your endurance, with guidance from an experienced ride leader every pedal of the way.

Bring your bike, water, a helmet, and snacks to eat along the way. Think: gels, chews, and granola bars. All rides start at 7:55 a.m. from the David's World Cycle location listed below.

MELBOURNE TRAINING RIDES

JANUARY 26

~40 MILES (PACE: 16-18 MPH)

FEBRUARY 2

~40 MILES (PACE: 16-18 MPH)

FEBRUARY 9

~40 MILES (PACE: 16-18 MPH)

FEBRUARY 16

~40 MILES (PACE: 16-18 MPH)

FEBRUARY 23

~40 MILES (PACE: 16-18 MPH)

MARCH 1

~40 MILES (PACE: 16-18 MPH)

MARCH 8

~40 MILES (PACE: 16-18 MPH)

MARCH 15

~40 MILES (PACE: 16-18 MPH)

MARCH 22

~40 MILES (PACE: 16-18 MPH)

MEET AT:
DAVID'S WORLD CYCLE, MELBOURNE
3680 N. WICKHAM ROAD SUITE C
MELBOURNE, FL 32935
QUESTIONS? (321) 622-6336