



12 WEEK 100KM CYCLING TRAINING PLAN

WEEK 1: July 10						
M	T	W	T	F	S	S
7KM	REST	10KM	7KM	REST	20KM	REST
WEEK 2: July 17						
M	T	W	T	F	S	S
9KM	REST	15KM	9KM	REST	30KM	REST
WEEK 3: July 24						
M	T	W	T	F	S	S
10KM	REST	20KM	10KM	REST	40KM	REST
WEEK 4: July 31						
M	T	W	T	F	S	S
14KM	REST	25KM	14M	REST	50KM	REST
WEEK 5: August 7						
M	T	W	T	F	S	S
16KM	REST	30KM	16KM	REST	55KM	REST
WEEK 6: August 14						
M	T	W	T	F	S	S
18KM	REST	30KM	18KM	REST	60KM	REST
WEEK 7: August 21						
M	T	W	T	F	S	S
20KM	REST	35KM	20KM	REST	70KM	REST
WEEK 8: August 28						
M	T	W	T	F	S	S
20KM	REST	40KM	20KM	REST	75KM	REST
WEEK 9: September 4						
M	T	W	T	F	S	S
20KM	REST	45KM	20KM	REST	85KM	REST
WEEK 10: September 11						
M	T	W	T	F	S	S
20KM	REST	50KM	20KM	REST	90KM	REST
WEEK 11: September 18						
M	T	W	T	F	S	S
REST	REST	40KM	REST	REST	75KM	REST
WEEK 12: September 25						
M	T	W	T	F	LET'S DO THIS!	
REST	REST	15KM	REST	REST	100KM	

WE'RE NOT STOPPING