



12 WEEK 130KM CYCLING TRAINING PLAN

WEEK 1: July 10						
M	T	W	T	F	S	S
9.1KM	REST	13KM	9.1KM	REST	26KM	REST
WEEK 2: July 17						
M	T	W	T	F	S	S
11.7M	REST	29.5KM	11.7KM	REST	39KM	REST
WEEK 3: July 24						
M	T	W	T	F	S	S
13KM	REST	26KM	13KM	REST	52KM	REST
WEEK 4: July 31						
M	T	W	T	F	S	S
18.2KM	REST	32.5KM	18.2M	REST	65KM	REST
WEEK 5: August 7						
M	T	W	T	F	S	S
20.8KM	REST	39KM	20.8KM	REST	71.5KM	REST
WEEK 6: August 14						
M	T	W	T	F	S	S
23.4KM	REST	39KM	23.4KM	REST	78KM	REST
WEEK 7: August 21						
M	T	W	T	F	S	S
26KM	REST	45.5KM	26KM	REST	91KM	REST
WEEK 8: August 28						
M	T	W	T	F	S	S
26KM	REST	52KM	26KM	REST	97.5KM	REST
WEEK 9: September 4						
M	T	W	T	F	S	S
26KM	REST	58.5KM	26KM	REST	110.5KM	REST
WEEK 10: September 11						
M	T	W	T	F	S	S
26KM	REST	65KM	26KM	REST	117KM	REST
WEEK 11: September 18						
M	T	W	T	F	S	S
REST	REST	52KM	26KM	REST	97.5KM	REST
WEEK 12: September 25						
M	T	W	T	F	LET'S DO THIS!	
REST	REST	19.5KM	REST	REST	130KM	<small>BMO Bank of Montreal</small>

WE'RE NOT STOPPING