



12 WEEK 160KM CYCLING TRAINING PLAN

WEEK 1: July 10						
M	T	W	T	F	S	S
11.2KM	REST	16KM	13.8KM	REST	32KM	REST
WEEK 2: July 17						
M	T	W	T	F	S	S
14.4KM	REST	24KM	17.7KM	REST	48KM	REST
WEEK 3: July 24						
M	T	W	T	F	S	S
16KM	REST	32KM	19.7KM	REST	64KM	REST
WEEK 4: July 31						
M	T	W	T	F	S	S
22.4KM	REST	40KM	27.6KM	REST	80KM	REST
WEEK 5: August 7						
M	T	W	T	F	S	S
25.6KM	REST	48KM	31.5KM	REST	88KM	REST
WEEK 6: August 14						
M	T	W	T	F	S	S
28.8KM	REST	48KM	35.4KM	REST	96KM	REST
WEEK 7: August 21						
M	T	W	T	F	S	S
32KM	REST	56KM	39.4KM	REST	112KM	REST
WEEK 8: August 28						
M	T	W	T	F	S	S
32KM	REST	64KM	39.4KM	REST	120KM	REST
WEEK 9: September 4						
M	T	W	T	F	S	S
32KM	REST	72KM	39.4KM	REST	136KM	REST
WEEK 10: September 11						
M	T	W	T	F	S	S
32KM	REST	80KM	39.4KM	REST	144KM	REST
WEEK 11: September 18						
M	T	W	T	F	S	S
REST	REST	64KM	39.4KM	REST	120KM	REST
WEEK 12: September 25						
M	T	W	T	F	LET'S DO THIS!	
REST	REST	24KM	REST	REST	160KM	

WE'RE NOT STOPPING