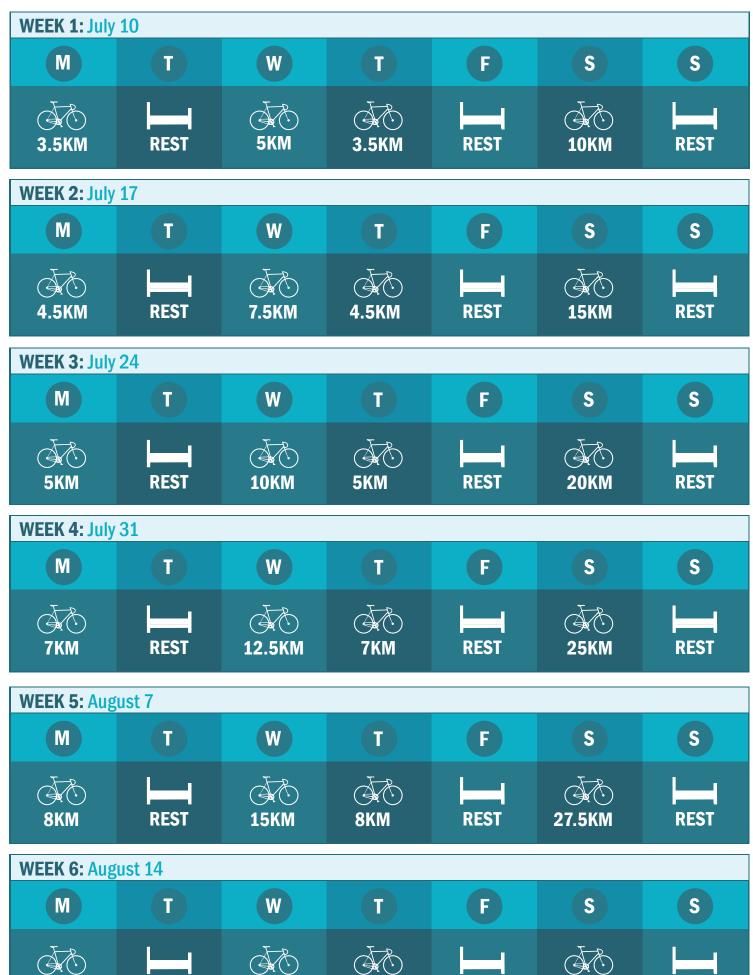


12 WEEK 50KM CYCLING TRAINING PLAN



| 9KM | REST | 15KM | 9KM | REST | 30KM | REST |
|-------------|-------------|--------|-------|------|----------------|----------------------|
| NEEK 7: Aug | ust 21 | | | | | |
| M | Ι | W | | F | S | S |
| | | | (Jel) | | | |
| 10KM | REST | 17.5KM | 10KM | REST | 35KM | REST |
| VEEK 8: Aug | ust 28 | | | | | |
| M | | W | | F | S | S |
| | H | J. | J.O | H | | |
| 10KM | REST | 20KM | 10KM | REST | 37.5KM | REST |
| VEEK 9: Sep | tember 4 | | | | | |
| M | T | W | T | F | S | S |
| | Feed | | | H | | |
| 10KM | REST | 22.5KM | 10KM | REST | 42.5KM | REST |
| WEEK 10: Se | ptember 11 | | | | | |
| M | T | W | T | F | S | S |
| | | J. | J.C. | | (J.C) | |
| 10KM | REST | 25KM | 10KM | REST | 35KM | REST |
| VEEK 11: Se | ptember 18 | | | | | |
| M | Τ | W | | F | S | S |
| | H | J. | | | | |
| REST | REST | 20KM | 10KM | REST | 37.5KM | REST |
| WEEK 12: Se | ptember 25 | | | | | |
| M | | W | | F | LET'S DO THIS! | |
| | A D | A. | | | 50KM | Ride for Cancer |
| REST | 10KM | 7.5KM | REST | REST | | BMO Bank of Montreal |

WE'RE NOT STOPPING