



12 WEEK 50KM CYCLING TRAINING PLAN

WEEK 1: July 10						
M	T	W	T	F	S	S
3.5KM	REST	5KM	3.5KM	REST	10KM	REST
WEEK 2: July 17						
M	T	W	T	F	S	S
4.5KM	REST	7.5KM	4.5KM	REST	15KM	REST
WEEK 3: July 24						
M	T	W	T	F	S	S
5KM	REST	10KM	5KM	REST	20KM	REST
WEEK 4: July 31						
M	T	W	T	F	S	S
7KM	REST	12.5KM	7KM	REST	25KM	REST
WEEK 5: August 7						
M	T	W	T	F	S	S
8KM	REST	15KM	8KM	REST	27.5KM	REST
WEEK 6: August 14						
M	T	W	T	F	S	S
9KM	REST	15KM	9KM	REST	30KM	REST
WEEK 7: August 21						
M	T	W	T	F	S	S
10KM	REST	17.5KM	10KM	REST	35KM	REST
WEEK 8: August 28						
M	T	W	T	F	S	S
10KM	REST	20KM	10KM	REST	37.5KM	REST
WEEK 9: September 4						
M	T	W	T	F	S	S
10KM	REST	22.5KM	10KM	REST	42.5KM	REST
WEEK 10: September 11						
M	T	W	T	F	S	S
10KM	REST	25KM	10KM	REST	35KM	REST
WEEK 11: September 18						
M	T	W	T	F	S	S
REST	REST	20KM	10KM	REST	37.5KM	REST
WEEK 12: September 25						
M	T	W	T	F	LET'S DO THIS!	
REST	10KM	7.5KM	REST	REST	50KM	

WE'RE NOT STOPPING