



12 WEEK 75KM CYCLING TRAINING PLAN

WEEK 1: July 10						
M	T	W	T	F	S	S
5.25KM	REST	7.5KM	5.25KM	REST	15KM	REST
WEEK 2: July 17						
M	T	W	T	F	S	S
6.75KM	REST	11.25KM	6.75KM	REST	22.5KM	REST
WEEK 3: July 24						
M	T	W	T	F	S	S
7.5KM	REST	15KM	7.5KM	REST	30KM	REST
WEEK 4: July 31						
M	T	W	T	F	S	S
10.5KM	REST	18.75KM	10.5KM	REST	37.5KM	REST
WEEK 5: August 7						
M	T	W	T	F	S	S
12KM	REST	22.5KM	12KM	REST	41.25KM	REST
WEEK 6: August 14						
M	T	W	T	F	S	S
13.5KM	REST	22.5KM	13.5KM	REST	45KM	REST
WEEK 7: August 21						
M	T	W	T	F	S	S
15KM	REST	26.25KM	15KM	REST	52.5KM	REST
WEEK 8: August 28						
M	T	W	T	F	S	S
15KM	REST	30KM	15KM	REST	56.25KM	REST
WEEK 9: September 4						
M	T	W	T	F	S	S
15KM	REST	33.75KM	15KM	REST	63.75KM	REST
WEEK 10: September 11						
M	T	W	T	F	S	S
15KM	REST	33.5KM	15KM	REST	67.5KM	REST
WEEK 11: September 18						
M	T	W	T	F	S	S
REST	REST	30KM	15KM	REST	56.25KM	REST
WEEK 12: September 25						
M	T	W	T	F	LET'S DO THIS!	
REST	15KM	11.25KM	REST	REST	75KM	

WE'RE NOT STOPPING