

12 WEEK 75KM CYCLING TRAINING PLAN

WEEK 1: July 10						
M	T	W		F	S	S
5.25KM	REST	7.5KM	5.25KM	REST	15KM	REST
WEEK 2: July						
M		W	T	F	S	S
6.75KM	REST	11.25KM	6.75KM	REST	22.5KM	REST
WEEK 3: July						
M		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: Aug	ust 14					
M	T	W	T	F	S	S
13.5KM	REST	22.5KM	13.5KM	REST	45KM	REST
WEEK 7: Aug	ust 21					
M						
	T	W	T	F	S	S
15KM	REST	W 26.25KM	T	F REST	\$ 52.5KM	REST
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15KM	REST	Æ.		Н	Ā	Н
15KM WEEK 8: Aug	REST	26.25KM	15KM	REST	52.5KM	REST
MEEK 8: Aug M 15KM WEEK 9: Sep	REST T REST	26.25KM W	15KM T	F REST	52.5KM S 56.25KM	REST
15KM WEEK 8: Aug M	REST T REST	26.25KM W	15KM T	REST F	52.5KM S	REST
MEEK 8: Aug M 15KM WEEK 9: Sep	REST T REST	26.25KM W	15KM T 15KM	F REST	52.5KM S 56.25KM	REST
MEEK 8: Aug M 15KM WEEK 9: Sep M 15KM	REST REST REST REST REST	26.25KM W 30KM W 33.75KM	15KM T T T	F F REST	\$ 56.25KM S 63.75KM	REST S REST REST
15KM WEEK 8: Aug M 15KM WEEK 9: Sep M 15KM	REST REST REST REST REST	26.25KM W 30KM	15KM T T T	F F H	\$ 56.25KM	REST S REST
MEEK 8: Aug M 15KM WEEK 9: Sep M 15KM	REST REST REST REST REST	26.25KM W 30KM W 33.75KM	15KM T T T T T T T T T T T T T	F F REST	\$ 56.25KM S 63.75KM	REST S REST REST
MEEK 8: Aug M 15KM WEEK 9: Sep M 15KM WEEK 10: Sep M WEEK 11: Sep	REST REST T REST T REST Ptember 4 T REST REST	26.25KM W 30KM W 33.75KM W 33.5KM	15KM T T 15KM T T T T T T T T T T T T T	F REST F REST	\$ 56.25KM S 63.75KM S 67.5KM	REST S REST S REST
MEEK 9: Sep M WEEK 10: Sep M WEEK 10: Sep M	REST REST T REST T REST Ptember 4 T REST REST	26.25KM W 30KM W 33.75KM	15KM T T 15KM T T T T T T T T T T T T T	F REST	\$ 56.25KM S 63.75KM	REST S REST S REST
MEEK 8: Aug M 15KM WEEK 9: Sep M 15KM WEEK 10: Sep M WEEK 11: Sep	REST REST T REST T REST Ptember 4 T REST REST	26.25KM W 30KM W 33.75KM W 33.5KM	15KM T T T T T T T T T T T T T	F REST F REST	\$ 56.25KM S 63.75KM S 67.5KM	REST S REST S REST
MEEK 8: Aug M 15KM WEEK 9: Sep M 15KM WEEK 10: Sep M WEEK 11: Sep M	REST Quest 28 T REST Attember 4 T REST Aptember 11 T REST Aptember 18 T REST	26.25KM W 30KM W 33.75KM W W W W W W W W W W W W W	15KM T T T 15KM T T T T T T T T T T T T T	F F REST	\$ 52.5KM S S 63.75KM S S S S S S S S S S S S S S S S S S S	REST S REST S REST S REST
MEEK 8: Aug M 15KM WEEK 9: Sep M 15KM WEEK 10: Sep M WEEK 11: Sep M REST	REST Quest 28 T REST Attember 4 T REST Aptember 11 T REST Aptember 18 T REST	26.25KM W 30KM W 33.75KM W W W W W W W W W W W W W	15KM T T T 15KM T T T T T T T T T T T T T	F F REST	\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	REST S REST S REST S REST

WE'RE NOT STOPPING