

# CYCLE U

## 100-MILE TRAINING PROGRAM

Week of:	Weekly Miles Goal	Weekly Hour Goal	Wednesday	Saturday	Sunday
5/28/18	40 mi	4	15 mi fast	25	
6/4/18	40 mi	4	15 mi fast	25	
6/11/18	50 mi	5	15 mi fast	35	
6/18/18	60 mi	5	20 mi fast	40	
6/25/18	60 mi	6	20 mi fast	40	
7/2/18	70 mi	7	20 mi fast	50	
7/9/18	80 mi	8	20 mi fast	50	10
7/16/18	90 mi	9	20 mi fast	60	10
7/23/18	100 mi	10	20 mi fast	70	10
7/30/18	100 mi	10	20 mi fast	80	
8/6/18	115 mi	12	15 mi fast	Obliteride!	

*The legal stuff: The information contained above is for informational and educational purposes only. It is not intended or suited to be a substitute for professional medical treatment or for professional medical advice. If you suspect you have a health problem, you should consult a healthcare professional.*

