

CYCLE U

25-MILE TRAINING PROGRAM

Week of:	Weekly Miles Goal	Weekly Hour Goal	Wednesday	Saturday
5/28/18	10 mi	1	5	5
6/4/18	10 mi	1	5	5
6/11/18	15 mi	2	5	10
6/18/18	15 mi	2	5	10
6/25/18	20 mi	3	5	15
7/2/18	20 mi	3	5	15
7/9/18	25 mi	3	10	15
7/16/18	25 mi	3	10	15
7/23/18	30 mi	4	10	20
7/30/18	30 mi	4	10	20
8/6/18	25 mi	3		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.

