

CYCLE U

50-MILE TRAINING PROGRAM

Week of:	Weekly Miles Goal	Weekly Hour Goal	Wednesday	Saturday
5/28/18	15 mi	2	5	10
6/4/18	20 mi	3	5	15
6/11/18	25 mi	3	5	20
6/18/18	30 mi	3	10	20
6/25/18	35 mi	3	10	25
7/2/18	40 mi	4	10	30
7/9/18	42 mi	4	12	30
7/16/18	47 mi	4	12	35
7/23/18	50 mi	4	15	35
7/30/18	55 mi	5	15	40
8/6/18	50 mi	5		Obliterate!

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.

