

CYCLE U

100-MILE TRAINING PROGRAM

Week of:	Weekly Miles Goal	Weekly Hour Goal	Wednesday	Saturday	Sunday
5/29/17	40	4	15 miles fast pace	25	
6/5/17	40	4	15 miles fast pace	25	
6/12/17	50	5	15 miles fast pace	35	
6/19/17	60	5	20 miles fast pace	40	
6/26/17	60	6	20 miles fast pace	40	
7/3/17	70	7	20 miles fast pace	50	
7/10/17	80	8	20 miles fast pace	50	10
7/17/17	90	9	20 miles fast pace	60	10
7/24/17	100	10	20 miles fast pace	70	10
7/31/17	100	8	20 miles fast pace	80	
8/7/17	120	12	15 miles fast pace		Obliteride 100-mile

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.

