

CYCLE U

TWO-DAY TRAINING PROGRAM

Week of:	Weekly Miles Goal	Weekly Hour Goal	Wednesday	Saturday	Sunday
5/29/17	50	6	15 miles fast pace	25	10
6/5/17	60	6	15 miles fast pace	25	20
6/12/17	60	7	15 miles fast pace	35	10
6/19/17	70	8	20 miles fast pace	40	10
6/26/17	80	8	20 miles fast pace	40	20
7/3/17	90	9	20 miles fast pace	50	20
7/10/17	100	10	20 miles fast pace	50	30
7/17/17	120	11	20 miles fast pace	60	40
7/24/17	140	13	20 miles fast pace	70	50
7/31/17	100	8	20 miles fast pace	80	rest
8/7/17	120	15	15 miles fast pace	Obliteride 85-mile	Obliteride 60-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.

