

CYCLE U

25-MILE TRAINING PROGRAM

Week of:	Weekly Miles Goal	Weekly Hour Goal	Wednesday	Saturday	Sunday
5/29/17	10	1	5	5	
6/5/17	10	1	5	5	
6/12/17	15	2	5	10	
6/19/17	15	2	5	10	
6/26/17	20	3	5	15	
7/3/17	20	3	5	15	
7/10/17	25	3	10	15	
7/17/17	25	3	10	15	
7/24/17	30	4	10	20	
7/31/17	30	4	10	20	
8/7/17	25	5			Obliterate 25-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.

