

CYCLE U

50-MILE TRAINING PROGRAM

Week of:	Weekly Miles Goal	Weekly Hour Goal	Wednesday	Saturday	Sunday
5/29/17	15	2	5	10	
6/5/17	20	3	5	15	
6/12/17	25	3	5	20	
6/19/17	30	3	10	20	
6/26/17	35	3	10	25	
7/3/17	40	4	10	30	
7/10/17	42	4	12	30	
7/17/17	47	4	12	35	
7/24/17	50	4	15	35	
7/31/17	55	5	15	40	
8/7/17	55	5			Obliteride 50-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.

