

# CYCLE U 25-MILE TRAINING PROGRAM



Week of:	Weekly Miles Goal	Weekly Hour Goal	Wednesday	Saturday
6/3/19	10 mi	1	5	5
6/10/19	10 mi	1	5	5
6/17/19	15 mi	2	5	10
6/24/19	15 mi	2	5	10
7/1/19	20 mi	3	5	15
7/8/19	20 mi	3	5	15
7/15/19	25 mi	3	10	15
7/22/19	25 mi	3	10	15
7/29/19	30 mi	4	10	20
8/5/19	25 mi	3		Obliteride!

*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.*