

CYCLE U

50-MILE

TRAINING PROGRAM



Week of:	Weekly Miles Goal	Weekly Hour Goal	Wednesday	Saturday
5/27/19	15 mi	2	5	10
6/3/19	20 mi	3	5	15
6/10/19	25 mi	3	5	20
6/17/19	30 mi	3	10	20
6/24/19	35 mi	3	10	25
7/1/19	40 mi	4	10	30
7/8/19	42 mi	4	12	30
7/15/19	47 mi	4	12	35
7/22/19	50 mi	4	15	35
7/29/19	55 mi	5	15	40
8/5/19	50 mi	5		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.