

CYCLE U 100-MILE TRAINING PROGRAM



Week of:	Weekly Miles Goal	Weekly Hour Goal	Wednesday	Saturday	Sunday
5/27/19	40 mi	4	15 mi fast	25	
6/3/19	40 mi	4	15 mi fast	25	
6/10/19	50 mi	5	15 mi fast	35	
6/17/19	60 mi	5	20 mi fast	40	
6/24/19	60 mi	6	20 mi fast	40	
7/1/19	70 mi	7	20 mi fast	50	
7/8/19	80 mi	8	20 mi fast	50	10
7/15/19	90 mi	9	20 mi fast	60	10
7/22/19	100 mi	10	20 mi fast	70	10
7/29/19	100 mi	10	20 mi fast	80	
8/5/19	115 mi	12	15 mi fast	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.