

## 12 WEEK TRAINING PLAN - CENTURY RIDE

For Beginning Cyclist

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
Week 1	5	Rest	5	Rest	5	Rest	10	25
Week 2	6	Rest	6	Rest	6	Rest	20	38
Week 3	7	Rest	7	Rest	7	Rest	25	46
Week 4	8	Rest	8	Rest	8	Rest	30	54
Week 5	9	Rest	9	Rest	9	Rest	35	62
Week 6	10	Rest	10	Rest	10	Rest	40	70
Week 7	12	Rest	12	Rest	12	Rest	50	86
Week 8	14	Rest	14	Rest	14	Rest	60	102
Week 9	16	Rest	16	Rest	16	Rest	70	118
Week 10	18	Rest	18	Rest	18	Rest	80	134
Week 11	20	Rest	20	Rest	20	Rest	60	120
Week 12	20	Rest	20	Rest	10	Rest	CENTURY!	150

**Pace**      **Easy**      **Moderate**      Moderate pace is the pace you hope to ride the day of the event. Easy pace is a little slower than moderate and allows your body to recover from a longer ride.