

16 WEEK TRAINING PLAN - 50 MILE 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	5	Rest	5	Rest	5	Rest	12	27
Week 3	5	Rest	5	Rest	5	Rest	15	30
Week 4	6	Rest	6	Rest	6	Rest	18	36
Week 5	8	Rest	8	Rest	8	Rest	20	44
Week 6	10	Rest	10	Rest	10	Rest	23	53
Week 7	12	Rest	12	Rest	12	Rest	25	61
Week 8	14	Rest	20	Rest	15	Rest	30	79
Week 9	15	Rest	25	Rest	16	Rest	35	91
Week 10	16	Rest	30	Rest	18	Rest	35	99
Week 11	17	Rest	35	Rest	20	Rest	40	112
Week 12	18	Rest	35	Rest	20	Rest	40	113
Week 13	20	Rest	40	Rest	20	Rest	45	125
Week 14	20	Rest	40	Rest	20	Rest	45	125
Week 15	20	Rest	25	Rest	20	Rest	30	95
Week 16	20	Rest	15	20	Rest	Rest	50 MILER!	105

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.