

## 12 WEEK TRAINING PLAN - CENTURY RIDE

For Intermediate / Experienced Cyclist

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
Week 1	5	5	Rest	5	5	Rest	10	30
Week 2	6	6	Rest	10	6	Rest	20	48
Week 3	7	7	Rest	12	7	Rest	25	58
Week 4	8	8	Rest	15	8	Rest	30	69
Week 5	9	9	Rest	17	9	Rest	35	79
Week 6	10	10	Rest	20	10	Rest	40	90
Week 7	12	12	Rest	25	12	Rest	50	111
Week 8	14	14	Rest	30	14	Rest	60	132
Week 9	16	16	Rest	35	16	Rest	70	153
Week 10	18	18	Rest	35	18	Rest	80	169
Week 11	20	20	Rest	35	20	Rest	60	155
Week 12	20	20	Rest	15	10	Rest	CENTURY!	165

<b>Pace</b>	<b>Easy</b>	<b>Moderate</b>	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.
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