

# 16 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	8	Rest	6	Rest	15	35
Week 3	7	Rest	10	Rest	7	Rest	20	44
Week 4	8	Rest	13	Rest	8	Rest	25	54
Week 5	9	Rest	15	Rest	9	Rest	30	63
Week 6	10	Rest	20	Rest	10	Rest	40	80
Week 7	12	Rest	20	Rest	12	Rest	45	89
Week 8	14	Rest	25	Rest	14	Rest	50	103
Week 9	16	Rest	30	Rest	16	Rest	55	117
Week 10	18	Rest	30	Rest	18	Rest	60	126
Week 11	20	Rest	35	Rest	20	Rest	65	140
Week 12	20	Rest	35	Rest	20	Rest	70	145
Week 13	20	Rest	35	Rest	20	Rest	75	150
Week 14	20	Rest	40	Rest	20	Rest	80	160
Week 15	20	Rest	30	Rest	20	Rest	60	130
Week 16	20	Rest	15	20	Rest	Rest	CENTURY!	155

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