

## 12 WEEK TRAINING PLAN - 25 MILE RIDE

For Beginning Cyclist

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
Week 1	4	Rest	4	Rest	4	Rest	9	21
Week 2	4	Rest	4	Rest	4	Rest	11	23
Week 3	5	Rest	5	Rest	5	Rest	13	28
Week 4	6	Rest	6	Rest	6	Rest	15	33
Week 5	7	Rest	8	Rest	7	Rest	17	39
Week 6	8	Rest	9	Rest	8	Rest	18	43
Week 7	9	Rest	10	Rest	9	Rest	19	47
Week 8	10	Rest	11	Rest	10	Rest	21	52
Week 9	11	Rest	13	Rest	11	Rest	21	56
Week 10	12	Rest	14	Rest	12	Rest	22	60
Week 11	13	Rest	15	Rest	13	Rest	23	64
Week 12	15	Rest	16	Rest	14	Rest	25 MILER!	70

**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.