

16 WEEK TRAINING PLAN - 25 MILE RIDE

For Beginning Cyclist

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
Week 1	3	Rest	3	Rest	3	Rest	8	17
Week 2	4	Rest	4	Rest	4	Rest	9	21
Week 3	5	Rest	5	Rest	5	Rest	10	25
Week 4	6	Rest	6	Rest	6	Rest	11	29
Week 5	7	Rest	8	Rest	7	Rest	12	34
Week 6	8	Rest	9	Rest	8	Rest	13	38
Week 7	9	Rest	10	Rest	9	Rest	14	42
Week 8	10	Rest	11	Rest	10	Rest	15	46
Week 9	11	Rest	13	Rest	11	Rest	16	51
Week 10	12	Rest	14	Rest	12	Rest	17	55
Week 11	13	Rest	15	Rest	13	Rest	18	59
Week 12	14	Rest	16	Rest	14	Rest	19	63
Week 13	15	Rest	17	Rest	15	Rest	20	67
Week 14	16	Rest	18	Rest	16	Rest	22	72
Week 15	10	Rest	15	Rest	10	Rest	15	50
Week 16	8	Rest	8	13	Rest	Rest	25 MILER!	54

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.