

## 12 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	6	Rest	5	Rest	5	Rest	12	28
Week 3	7	Rest	5	Rest	5	Rest	15	32
Week 4	8	Rest	6	Rest	6	Rest	18	38
Week 5	9	Rest	8	Rest	8	Rest	20	45
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	18	Rest	35	Rest	20	Rest	45	118
Week 12	20	Rest	15	Rest	20	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.