

RIDE THE NIGHT

100KM CYCLING TRAINING 12 WEEK PLAN

WEEK 1						
M	Т	w	T	F	S	S
0 7 7 KM	REST	0 10 10 10	7KM	REST	0 20 20 4 1	REST
WEEK 2						
M	T	w	T	F	S	S
о 9км	REST	0 15 15 15 15	ого 9км	REST	40KM	REST
WEEK 3				- 14		
M	T	w	T	F	S	S
0 10 10 10	REST	0 20 20 4 1	0 10 10 10	REST	0 40 40 40 40 40	REST
WEEK 4						
WEEK 4	1	w	T	F	S	S
	T REST	W 00 25KM	T 00 14KM	F REST	5 50KM	S REST
M O O		ofo	ां		ीं	•
M 00 14KM		ofo	ां		ीं	•
M 14KM WEEK 5	REST	25KM	0 14KM	REST	50KM	REST
M OOO 14KM WEEK 5 M	REST	25KM	14KM	REST	50KM	REST
M 14KM WEEK 5 M 16KM	REST	25KM	14KM	REST	50KM	REST



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WEEK 7						
M	Т	w	Т	F	S	S
0 20 20 20 4	REST	35KM	00 20KM	REST	70KM	REST
WEEK 8						
M	T	w	T	F	S	S
0 20 20 4	REST	0 40 40 40 40 40	0 20 20 10	REST	75KM	REST
WEEK 9			_	- 10		
M	T	w	T	F	S	S
0 20 20 1	REST	0 0 45KM	0 20 20 20 4	REST	85KM	REST
WEEK 10						
M	T	w	Т	F	S	S
	T REST	W 50KM	T 00 20KM	F REST	90KM	REST
of o		oro	ां		ां	!
M 20KM		oro	ां		ां	!
20KM WEEK 11	REST	50KM	20KM	REST	90KM	REST
M 20KM WEEK 11 M	REST	50KM	20KM	REST	90KM s	REST
M 20KM WEEK 11 M REST	REST	50KM	20KM	REST	90KM 8 8 75KM	REST

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