

RIDE THE NIGHT

100KM CYCLING TRAINING 12 WEEK PLAN

WEEK 1

M	T	W	T	F	S	S
 7KM	 REST	 10KM	 7KM	 REST	 20KM	 REST

WEEK 2

M	T	W	T	F	S	S
 9KM	 REST	 15KM	 9KM	 REST	 40KM	 REST

WEEK 3

M	T	W	T	F	S	S
 10KM	 REST	 20KM	 10KM	 REST	 40KM	 REST

WEEK 4

M	T	W	T	F	S	S
 14KM	 REST	 25KM	 14KM	 REST	 50KM	 REST

WEEK 5

M	T	W	T	F	S	S
 16KM	 REST	 30KM	 16KM	 REST	 55KM	 REST

WEEK 6

M	T	W	T	F	S	S
 18KM	 REST	 30KM	 18KM	 REST	 60KM	 REST

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WEEK 7

M	T	W	T	F	S	S
 10KM	 REST	 18KM	 10KM	 REST	 35KM	 REST

WEEK 8

M	T	W	T	F	S	S
 10KM	 REST	 20KM	 10KM	 REST	 39km	 REST

WEEK 9

M	T	W	T	F	S	S
 10KM	 REST	 23KM	 10KM	 REST	 43KM	 REST

WEEK 10

M	T	W	T	F	S	S
 10KM	 REST	 25KM	 10KM	 REST	 45KM	 REST

WEEK 11

M	T	W	T	F	S	S
 REST	 REST	 20KM	 REST	 REST	 37KM	 REST

WEEK 12

M	T	W	T	F	READY TO RIDE THE NIGHT! 100KM	
 REST	 REST	 8KM	 REST	 REST		