

RIDE THE NIGHT

50KM CYCLING TRAINING 12 WEEK PLAN

WEEK 1

M	T	W	T	F	S	S
 4Km	 REST	 7Km	 4KM	 REST	 10KM	 REST

WEEK 2

M	T	W	T	F	S	S
 6KM	 REST	 10KM	 6KM	 REST	 20KM	 REST

WEEK 3

M	T	W	T	F	S	S
 5KM	 REST	 10KM	 5KM	 REST	 20KM	 REST

WEEK 4

M	T	W	T	F	S	S
 7KM	 REST	 13km	 7KM	 REST	 25KM	 REST

WEEK 5

M	T	W	T	F	S	S
 8KM	 REST	 15KM	 8KM	 REST	 28KM	 REST

WEEK 6

M	T	W	T	F	S	S
 9KM	 REST	 15km	 9KM	 REST	 30KM	 REST