

RIDE THE NIGHT

LONDON 2025






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

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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	<p>READY TO RIDE THE NIGHT!</p> <h1>50KM</h1>	
 REST	 REST	 8KM	 REST	 REST		