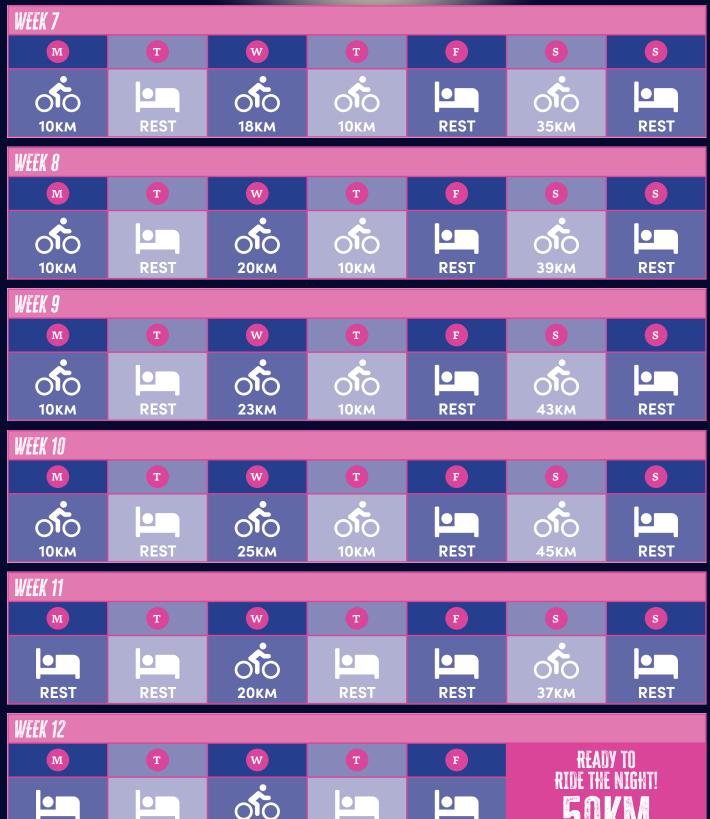


SING TRAINING 12 WEEK PLAN

WEEK 1						
M	T	w	T	F	S	S
0 4KM	REST	010 7KM	0 4 4 KM	REST	0 10 10 10 10	REST
WEEK 2						
M	T	w	T	F	S	S
о бо 6км	REST	00 10KM	обо 6км	REST	20KM	REST
WEEK 3						
M	T	w	T	F	S	S
5KM	REST	010 10km	5KM	REST	0 20 8 10 10	REST
WEEK 4						
M	T	w	T	F	S	s
	T REST	W 00 13KM	T 00 7KM	F REST	5 0 0 25KM	S REST
M		ीं०	ां		ofo	•
M 00 7KM		ीं०	ां		ofo	•
M 7KM	REST	010 13KM	7KM	REST	25KM	REST
M OFO 7KM WEEK 5	REST	13KM W	7KM	REST	25KM	REST
M 7KM WEEK 5 M 8KM	REST	13KM W	7KM	REST	25KM	REST



CYCLING TRAINING 12 WEEK PLAN



REST

8KM

REST

REST