

















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

















RIDE THE NIGHT








100KM CYCLING TRAINING 12 WEEK PLAN






WEEK 7						
M	T	W	T	F	S	S
 20KM	 REST	 35KM	 20KM	 REST	 70KM	 REST

WEEK 8						
M	T	W	T	F	S	S
 20KM	 REST	 40KM	 20KM	 REST	 75KM	 REST

WEEK 9						
M	T	W	T	F	S	S
 20KM	 REST	 45KM	 20KM	 REST	 85KM	 REST

WEEK 10						
M	T	W	T	F	S	S
 20KM	 REST	 50KM	 20KM	 REST	 90KM	 REST

WEEK 11						
M	T	W	T	F	S	S
 REST	 REST	 40KM	 REST	 REST	 75KM	 REST

WEEK 12						
M	T	W	T	F	READY TO RIDE THE NIGHT! 100KM	
 REST	 REST	 15KM	 REST	 REST		