

















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 |










RIDE THE NIGHT

100KM CYCLING TRAINING 12 WEEK PLAN








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 | | |