

16 WEEK TRAINING PLAN - CENTURY RIDE

For Intermediate / Experienced Cyclist

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Mileage
Week 1	5	5	Rest	5	5	Rest	10	30
Week 2	6	Rest	Rest	8	6	Rest	15	35
Week 3	7	7	Rest	10	7	Rest	20	51
Week 4	8	8	Rest	13	8	Rest	25	62
Week 5	9	9	Rest	15	9	Rest	30	72
Week 6	10	10	Rest	20	10	Rest	40	90
Week 7	12	12	Rest	20	12	Rest	45	101
Week 8	14	14	Rest	25	14	Rest	50	117
Week 9	16	16	Rest	30	16	Rest	55	133
Week 10	18	18	Rest	30	18	Rest	60	144
Week 11	20	20	Rest	35	20	Rest	70	165
Week 12	20	20	Rest	40	20	Rest	75	175
Week 13	20	20	Rest	45	20	Rest	85	190
Week 14	20	20	Rest	50	20	Rest	90	200
Week 15	20	Rest	Rest	40	20	Rest	75	175
Week 16	20	Rest	20	15	Rest	Rest	CENTURY!	155

Pace **Easy** **Moderate** Moderate pace is the pace you hope to ride the day of the event. Easy pace is a little slower than moderate and allows your body to recover from a longer ride.