



## Training Plan

Week	Total miles Per week	Total hours training per week	Ridings days per week	Two long distance rides - Max Distance
1	20	1 to 2	1 to 2	10, 10
2	20-30	1 to 3	1 to 2	15, 15
3	25-35	2 to 3	2 to 3	15, 20
4	30-40	2 to 3	2 to 3	20, 20
5	25-50	2 to 4	2 to 3	25, 25
6	45-55	3 to 4	2 to 3	30, 25
7	50-60	3 to 5	2 to 3	30, 20
8	55-65	4 to 6	3 to 4	25, 25
9	50-75	4 to 7	3 to 4	30, 20
10	70-80	5 to 7	3 to 4	30, 30
11	70-90	6 to 8	4 to 5	40, 30
12	75-100	7 to 9	4 to 5	50, 40
13	75-100	8 to 10	4 to 5	60, 40
14	80-130	8 to 10	5 to 6	60, 40
15	90-140	10 to 12	4 to 6	60, 50
16	100-160	10 to 12	4 to 6	60, 60
17	90-140	10 to 13	4 to 6	70, 60
18	80-130	8 to 10	4 to 6	60, 60

To adequately prepare for your ride, it is recommended that you incorporate once-weekly rides with elevation gain into your training.