

# 10 WEEK CYCLING TRAINING PLAN: 100 MILES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Week 1	Rest day	10 miles	Rest day	10 miles	Rest day	20-25 miles
Week 2	10-15 miles	Rest day	10-15 miles	Rest day	10-15 miles	30-35 miles
Weeks 3-4	Rest day	15-20 miles	Rest day	15-20 miles	Rest day	35-45 miles
Weeks 5-6	15 miles	Rest day	15-20 miles	Rest day	15-20 miles	45-55 miles
Week 7	15-20 miles	Rest day	20-25 miles	Rest day	20-25 miles	55-60 miles
Week 8	25-35 miles	Rest day	30-35 miles	Rest day	25-30 miles	60-65 miles
Week 9	20 miles	Rest day	30 miles	Rest day	30 miles	70-75 miles
Week before the challenge	15 miles	10 miles	15 miles	10 miles	Rest day	EVENT DAY