

100 MILE(162KM) TRAINING RIDE distance

This plan is for 100 mile (162km) based on distances to ride. This plan is suitable for recreational riders who can only manage three rides per week.

Week 1	5km	5km	10km
Week 2	10km	5km	10km
Week 3	20km	10km	15km
Week 4	30km	15km	15km
Week 5	40km	20km	20km
Week 6	50km	25km	20km
Week 7	60km	30km	20km
Week 8	70km	35km	20km
Week 9	80km	40km	30km
Week 10	90km	45km	30km
Week 11	100km	50km	30km
Week 12	110km	55km	20km
Week 13	120km	60km	15km
Week 14	75km	40km	10km
Week 15	RACE	DAY	162KM

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KEY:

Easy ride.Practice riding in a group of your ability.A long slow pace ride.

Flat ride with undulating hills.Ride at a moderate pace.

Use this as a hill ride.Use hills of different gradients and distance.Increase the number of hills as the weeks increase and taper down after week 10.This is a harder ride.

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