

## 10 Week Training Schedule

### Week 1

Monday or Tuesday 15-20 minutes  
Thursday or Friday 15-20 minutes  
Saturday or Sunday 1 hour

### Week 2

Monday or Tuesday 20-25 minutes  
Thursday or Friday 20-25 minutes  
Saturday or Sunday 1.5 hours

### Week 3

3 Periods 30-40 mins  
(8-10 miles)  
Saturday or Sunday 2 hours  
(25-30 miles)

### Week 4

Monday 5 miles recovery spin  
3 periods 10 miles  
Saturday rest  
Sunday 2 hours  
(25-35 miles)

### Week 5

Monday 5 miles recovery  
Tuesday 10-20 miles  
Wednesday 5-10 miles  
Friday 5 miles  
Saturday 2-2.5 hours  
(30-40 miles)

### Week 6

Monday 8-10 miles  
Tuesday 15-20 miles  
Wednesday rest  
Thursday 10-15 miles  
Friday rest  
Saturday 10-15 miles  
Sunday 40-50 miles

### Week 7

Monday 10 miles easy recovery  
Tuesday 20-25 miles  
Wednesday rest  
Thursday 15-20 miles  
Friday rest  
Saturday 15 miles  
Sunday 50-60 miles

### Week 8

Monday 10 miles easy spinning  
Tuesday 25-30 miles  
Wednesday rest  
Thursday 20-25 miles  
Friday rest  
Saturday 20-25 miles  
Sunday 55-65 miles

### Week 9

Monday 10 miles  
Tuesday 35 miles  
Wednesday rest  
Thursday 25 miles  
Friday rest  
Saturday 25-30 miles  
Sunday 70-75 miles

### Week 10

#### The week before the event

Monday 10 miles  
Tuesday 5 miles  
Wednesday 5 miles  
Thursday rest

