

WEEK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<u>WEEK 1</u> Mar 28	REST	15 miles or Interval training	Strength training	15 miles	REST	25/35 miles (45)	Cross training (1 hour)
<u>WEEK 2</u> Apr 4	REST	15 miles or Interval training	Strength training	15 miles	REST	35/45 miles (55)	Cross training (1 hour)
<u>WEEK 3</u> Apr 11	REST	15 miles or Interval training	Strength training	15 miles	REST	45/55 miles (65)	Cross training (1 hour)
<u>WEEK 4</u> Apr 18	REST	15 miles or Interval training	Strength training	15 miles	REST	55/65 miles (75)	Cross training (1 hour)
<u>WEEK 5</u> Apr 25	REST	20 miles or Interval training	Strength training	15 miles	REST	45 miles/55 miles (65)	Cross training (1 hour)
<u>WEEK 6</u> May 2	REST	20 miles or Interval training	Strength training	15 miles	REST	55/65 miles (75)	Cross training (1 hour)
<u>WEEK 7</u> May 9	REST	20 miles or Interval training	Strength training	15 miles	REST	65/75 miles (85)	Cross training (1 hour)
<u>WEEK 8</u> May 16	REST	20 miles or Interval training	Strength training	15 miles	REST	75/85 miles (95)	Cross training (1 hour)
<u>WEEK 9</u> May 23	REST	25 miles or Interval training	Strength training	15 miles	REST	55/65 miles (75)	Cross training (1 hour)
<u>WEEK 10</u> May 30	REST	25 miles or Interval training	Strength training	15 miles	REST	45/55 miles (65)	Cross training (1 hour)
<u>WEEK 11</u> June 6	REST	25 miles or Interval training	Strength training	15 miles	REST	35/45 miles (55)	Cross training (1 hour)
<u>WEEK 12</u> Jun13	REST	15 miles or Interval training	Strength training	10 miles	REST	RIDE WEEKEND	RIDE WEEKEND

PLEASE NOTE: All mileage in parenthesis is for advanced riders. We will only be supporting Beginner and Intermediate riders. Extra mileage can be added at the end of the supported ride.