

## Training Plan for 100km Cycle

Week Beginning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 <sup>th</sup> February 2013	Rest	20km	Rest	20km	Rest	20km	20km
11 <sup>th</sup> February 2013	Rest	20km	Rest	20km	Rest	20km	20km
18 <sup>th</sup> February 2013	Rest	25km	Rest	25km	Rest	25km	40km
25 <sup>th</sup> February 2013	Rest	25km	Rest	25km	Rest	Rest	25km
4 <sup>th</sup> March 2013	Rest	20km	Rest	20km	Rest	25km	40km
11 <sup>th</sup> March 2013	Rest	25km	Rest	25km	Rest	40km	50km
18 <sup>th</sup> March 2013	Rest	25km	Rest	25km	Rest	40km	75km
25 <sup>th</sup> March 2013	Rest	25km	Rest	25km	Rest	Rest	50km
1 <sup>st</sup> April 2013	Rest	20km	Rest	20km	Rest	40km	75km
8 <sup>th</sup> April 2013	Rest	25km	Rest	25km	Rest	50km	50km
15 <sup>th</sup> April 2013	Rest	15km	Rest	15km	Rest	25km	Rest
22 <sup>nd</sup> April 2013	Event Starts						