



40K (25 miles) 8-week Training Guide

This 8 week training Plan is ideal for all novice cyclists, riders who want to get back to fitness after some time off the bike or those who have never previously followed a structured training plan. After completing this 8 week training plan, you will be ready to ride the Bay Area Medical Center Menominee River Century Ride. Always adjust to your fitness level as needed. Enjoy!

	Mon.	Tues.	Wed.	Thurs.	Fri	Sat.	Sun.
Week 1	Cross train	20 minute Ride	Rest	35 minute Ride	Rest	5 miles	Rest
Week 2	Cross train	35 minute Ride	Rest	35 minute Ride	Rest	8 - 10 miles	Rest
Week 3	Cross train	35 minute Ride	Rest	45 minute Ride	Rest	10-12 miles	Rest
Week 4	Cross train	45 minute Ride	Rest	45 minute Ride	Rest	12-15 miles	Rest
Week 5	Cross train	45 minute Ride	Rest	1 hours Ride	Rest	12-15 miles	Rest
Week 6	Cross train	1 Hours Ride	Rest	1 hours Ride	Rest	15-18 miles	Rest
Week 7	Cross train	1.5 Hour Ride	Rest	1.5 hour Ride	Rest	18-20 miles	Rest
Week 8	Cross train	45 minute Ride	Rest	1 hour Ride	Rest	REST	MRC BIKE RIDE

*This schedule is only a suggestion. Plan your week according to what works best for you.

1. Cross train:

- ✓ It is recommended to cross train; walk/run, elliptical, yoga, a hike, a swim, whatever gets you moving to keep all muscles in your body moving. Make sure to have at least 2 rest days/week in order to let your body recover.

