



# PEDALFEST 100K

**12-WEEK TRAINING PLAN • PEDALFEST.ORG**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	Ride 30 minutes	Ride 30 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	10 Miles	Rest
<b>2</b>	Ride 40 minutes	Ride 40 minutes	Rest/Stretch	Ride 40 minutes	Rest/Stretch	15 Miles	Rest
<b>3</b>	Ride 40 minutes	Ride 40 minutes	Rest/Stretch	Ride 60 minutes	Rest/Stretch	20 Miles	Rest
<b>4</b> Recovery Week	Ride 30 minutes	Ride 30 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	20 Miles	Rest
<b>5</b>	Ride 40 minutes	Ride 40 minutes	Rest/Stretch	Ride 1 hour	Rest/Stretch	25 Miles	Rest
<b>6</b>	Ride 50 minutes	Ride 50 minutes	Rest/Stretch	Ride 1 hour, 30 minutes	Rest/Stretch	30 Miles	Rest
<b>7</b>	Ride 60 minutes	Ride 60 minutes	Rest/Stretch	Ride 1 hour, 45 minutes	Rest/Stretch	35 Miles	Rest
<b>8</b> Recovery Week	Ride 50 minutes	Ride 50 minutes	Rest/Stretch	Ride 1 hour	Rest/Stretch	30 Miles	Rest
<b>9</b>	Ride 1 hour	Ride 1 hour, 15 minutes	Rest/Stretch	Ride 2 hours	Rest/Stretch	37 Miles	Rest
<b>10</b>	Ride 1 hour, 20 minutes	Ride 1 hour, 30 minutes	Rest/Stretch	Ride 2 hours, 30 minutes	Rest/Stretch	46 Miles	Rest
<b>11</b>	Ride 1 hour, 20 minutes	Ride 40 minutes	Rest/Stretch	Ride 1 hour	Rest/Stretch	55 Miles	Rest
<b>12</b>	Ride 60 minutes	Ride 40 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	100K (62 Miles) PedalFest Ride!	Well-deserved rest!