

PedalFest 50K

8-Week Training Plan

PedalFest.org



Heartspring

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Ride 20 minutes	Ride 20 minutes	Rest/Stretch	Ride 20 minutes	Rest/Stretch	5-10 Miles	Rest
2	Ride 20 minutes	Ride 20 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	8-13 Miles	Rest
3	Ride 20 minutes	Ride 20 minutes	Rest/Stretch	Ride 40 minutes	Rest/Stretch	11-16 Miles	Rest
4	Ride 30 minutes	Ride 20 minutes	Rest/Stretch	Ride 50 minutes	Rest/Stretch	14-19 Miles	Rest
5	Ride 30 minutes	Ride 30 minutes	Rest/Stretch	Ride 60 minutes	Rest/Stretch	17-22 Miles	Rest
6	Ride 40 minutes	Ride 30 minutes	Rest/Stretch	Ride 70 minutes	Rest/Stretch	20-25 Miles	Rest
7	Ride 40 minutes	Ride 30 minutes	Rest/Stretch	Ride 80 minutes	Rest/Stretch	23-28 Miles	Rest
8	Ride 35 minutes	Ride 20 minutes	Rest/Stretch	Ride 60 minutes	Rest/Stretch	31 Mile (50K) PedalFest Ride!	Well-deserved rest

PedalFest 100K

12-Week Training Plan



PedalFest.org

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Ride 30 minutes	Ride 30 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	10 Miles	Rest
2	Ride 40 minutes	Ride 40 minutes	Rest/Stretch	Ride 40 minutes	Rest/Stretch	15 Miles	Rest
3	Ride 40 minutes	Ride 40 minutes	Rest/Stretch	Ride 60 minutes	Rest/Stretch	20 Miles	Rest
4 Recovery Week	Ride 30 minutes	Ride 30 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	20 Miles	Rest
5	Ride 40 minutes	Ride 40 minutes	Rest/Stretch	Ride 1 hour	Rest/Stretch	25 Miles	Rest
6	Ride 50 minutes	Ride 50 minutes	Rest/Stretch	Ride 1 hour, 30 minutes	Rest/Stretch	30 Miles	Rest
7	Ride 60 minutes	Ride 60 minutes	Rest/Stretch	Ride 1 hour, 45 minutes	Rest/Stretch	35 Miles	Rest
8 Recovery Week	Ride 50 minutes	Ride 50 minutes	Rest/Stretch	Ride 1 hour	Rest/Stretch	30 Miles	Rest
9	Ride 1 hour	Ride 1 hour, 15 minutes	Rest/Stretch	Ride 2 hours	Rest/Stretch	37 Miles	Rest
10	Ride 1 hour, 20 minutes	Ride 1 hour, 30 minutes	Rest/Stretch	Ride 2 hours, 30 minutes	Rest/Stretch	46 Miles	Rest
11	Ride 1 hour, 20 minutes	Ride 40 minutes	Rest/Stretch	Ride 1 hour	Rest/Stretch	55 Miles	Rest
12	Ride 60 minutes	Ride 40 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	100K (62 Miles) PedalFest Ride!	Well-deserved rest!