

12 MILE CYCLING TRAINING PLAN

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	4 m easy	Rest	20 min indoor cycling	4 m easy	Rest	20 min indoor cycling	Rest
Week 2	6 m easy	Rest	22 min indoor cycling	6 m easy	Rest	20 min indoor cycling	Rest
Week 3	8 m easy	Rest	24 min indoor cycling	8 m easy	Rest	24 min indoor cycling	Rest
Week 4	10 m easy	Rest	26 min indoor cycling	10 m easy	Rest	26 min indoor cycling	Rest
Week 5	12 m easy	Rest	28 min indoor cycling	12 m easy	Rest	28 min indoor cycling	Rest
Week 6	14 m easy	Rest	30 min indoor cycling	15 m easy	Rest	30 min indoor cycling	Rest
Week 7	16 m easy	Rest	32 min indoor cycling	16 m easy	Rest	32 min indoor cycling	Rest
Week 8	18 m easy	Rest	34 min indoor cycling	18 m easy	Rest	34 min indoor cycling	Rest