

8-WEEK TRAINING PLAN

PEDALFEST 50K



PEDALFEST.ORG

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