



# PEDALFEST 50K

8-WEEK TRAINING PLAN • PEDALFEST.ORG

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b>	Ride 20 minutes	Ride 20 minutes	Rest/Stretch	Ride 20 minutes	Rest/Stretch	5-10 Miles	Rest
<b>2</b>	Ride 20 minutes	Ride 20 minutes	Rest/Stretch	Ride 30 minutes	Rest/Stretch	8-13 Miles	Rest
<b>3</b>	Ride 20 minutes	Ride 20 minutes	Rest/Stretch	Ride 40 minutes	Rest/Stretch	11-16 Miles	Rest
<b>4</b>	Ride 30 minutes	Ride 20 minutes	Rest/Stretch	Ride 50 minutes	Rest/Stretch	14-19 Miles	Rest
<b>5</b>	Ride 30 minutes	Ride 30 minutes	Rest/Stretch	Ride 60 minutes	Rest/Stretch	17-22 Miles	Rest
<b>6</b>	Ride 40 minutes	Ride 30 minutes	Rest/Stretch	Ride 70 minutes	Rest/Stretch	20-25 Miles	Rest
<b>7</b>	Ride 40 minutes	Ride 30 minutes	Rest/Stretch	Ride 80 minutes	Rest/Stretch	23-28 Miles	Rest
<b>8</b>	Ride 35 minutes	Ride 20 minutes	Rest/Stretch	Ride 60 minutes	Rest/Stretch	31 Mile (50K) PedalFest Ride!	Well-deserved rest