

WEEK 1 - Day 1	WEEK 1 - Day 2	WEEK 1 - Day 3	WEEK 1 - Day 4	WEEK 1 - Day 5	WEEK 1 - Day 6	WEEK 1 - Day 7
Rest Day Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 1.	30 - 60 Min. Ride	30 - 60 Min. Ride	30 - 60 Min. Ride	30 - 60 Min. Ride	Base Builder	30 - 60 Min. Ride
WEEK 2 - Day 8	WEEK 2 - Day 9	WEEK 2 - Day 10	WEEK 2 - Day 11	WEEK 2 - Day 12	WEEK 2 - Day 13	WEEK 2 - Day 14
Rest Day Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 2.	Interval Workout	30 - 60 Min. Ride	Rest Day	30 - 60 Min. Ride	Base Builder	30 - 60 Min. Ride
WEEK 3 - Day 15	WEEK 3 - Day 16	WEEK 3 - Day 17	WEEK 3 - Day 18	WEEK 3 - Day 19	WEEK 3 - Day 20	WEEK 3 - Day 21
Rest Day Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 3.	Interval Workout	30 - 60 Min. Ride	Rest Day	30 - 60 Min. Ride	Base Builder	30 - 60 Min. Ride
WEEK 4 - Day 22	WEEK 4 - Day 23	WEEK 4 - Day 24	WEEK 4 - Day 25	WEEK 4 - Day 26	WEEK 4 - Day 27	WEEK 4 - Day 28
Rest Day Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 4.	45 Min. Ride	90 Min. Ride	Rest Day	45 Min. Ride	30 - 60 Min. Ride	30 - 60 Min. Ride
WEEK 5 - Day 29	WEEK 5 - Day 30	WEEK 5 - Day 31	WEEK 5 - Day 32	WEEK 5 - Day 33	WEEK 5 - Day 34	WEEK 5 - Day 35
Rest Day Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 5.	90 Min. Ride	60 Min. Ride	Pyramid of Pain	60 Min. Ride	2 - 3 Hour Ride	Recover & Get Ready

WEEK 6 - Day 36	WEEK 6 - Day 37	WEEK 6 - Day 38	WEEK 6 - Day 39	WEEK 6 - Day 40	WEEK 6 - Day 41	WEEK 6 - Day 42
Rest Day Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 6.	Interval Workout	60 Min. Ride	90 Min. Ride	60 Min. Ride	45 Min. Ride	2 - 3 Hour Ride
WEEK 7 - Day 43	WEEK 7 - Day 44	WEEK 7 - Day 45	WEEK 7 - Day 46	WEEK 7 - Day 47	WEEK 7 - Day 48	WEEK 7 - Day 49
Rest Day Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 7.	60 Min. Ride	75 Min. Ride	Interval Workout	75 Min. Ride	2 - 3 Hour Ride	Pyramid of Pain
WEEK 8 - Day 50	WEEK 8 - Day 51	WEEK 8 - Day 52	WEEK 8 - Day 53	WEEK 8 - Day 54	WEEK 8 - Day 55	WEEK 8 - Day 56
Rest Day Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 8.	60 Min. Ride	60 Min. Ride	60 Min. Ride	Rest Day	Interval Workout	75 Min. Ride
WEEK 9 - Day 57	WEEK 9 - Day 58	WEEK 9 - Day 59	WEEK 9 - Day 60	WEEK 9 - Day 61	WEEK 9 - Day 62	WEEK 9 - Day 63
Rest Day Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 9.	60 Min. Ride	60 Min. Ride	Rest Day	60 Min. Ride	75 Min. Ride	60 Min. Ride
WEEK 10 - Day 64	WEEK 10 - Day 65	WEEK 10 - Day 66	WEEK 10 - Day 67	WEEK 10 - Day 68	WEEK 10 - Day 69	WEEK 10 - Day 70
Rest Day Check <a href="#">TrainingPeaks</a> for more Notes and Guidelines for Week 10.	60 Min. Ride	60 Min. Ride	Rest Day	60 Min. Ride	60 Min. Ride	75 Min. Ride