

8-WEEK SOFA TO 50 KM

Overview



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL TIME
Week 1 Getting started	Rest day	Ride 30 minutes	Cross training/rest 0 - 1 hour	Ride 30 minutes	Cross training/rest 0 - 1 hour	Rest day	Ride 30 minutes	1 hour 30 minutes 3 hours 30 minutes
Week 2 Up to an hour	Rest day	Ride 45 minutes	Cross training/rest 0 - 1 hour	Ride 45 minutes	Cross training/rest 0 - 1 hour	Rest day	Ride 1 hour	2 hours 30 minutes 4 hours 30 minutes
Week 3 Lifting the intensity	Rest day	Ride 1 hour Push in middle 20 minutes	Cross training/rest 0 - 1 hour	Ride 1 hour Push in middle 20 minutes	Cross training/rest 0 - 1 hour	Rest day	Ride 1 hour and 30 minutes	3 hr 30 minutes 5 hours 30 minutes
Week 4 Two hour ride	Rest day	Ride 1 hour Push in middle 20 minutes	Cross training/rest 0 - 1 hour	Ride 1 hour Push in middle 20 minutes	Cross training/rest 0 - 1 hour	Rest day	Ride 2 hours	4 hours - 6 hours
Week 5 R&R	Rest day	Ride 1 hour Push in middle 20 minutes	Cross training/rest 0 - 1 hour	Ride 30 minutes	Cross training/rest 0 - 1 hour	Rest day	Ride 1 hour	2 hours 30 minutes 4 hours 30 minutes
Week 6 Hitting some hills	Rest day	Ride 1 hour 3x5 minutes hill climb	Cross training/rest 0 - 1 hour	Ride 1 hour Push in middle 25 minutes	Cross training/rest 0 - 1 hour	Rest day	Ride 2 hours and 30 minutes	4 hours 30 minutes 6 hours 30 minutes
Week 7 Starting to ease back	Rest day	Ride 1 hour 4x5 minutes hill climb	Cross training/rest 0 - 1 hour	Ride 1 hour Push in middle 30 minutes	Cross training/rest 0 - 1 hour	Rest day	Ride 1 hour and 30 minutes	3 hours 30 minutes 5 hours
Week 8 Your big ride	Rest day	Ride 30 minutes	Cross training/rest 0 - 1 hour	Ride 30 minutes	Cross training/rest 0 - 1 hour	Rest day	Ride 50 km 3 hours and 30 minutes (approx)	4 hours 50 minutes 5 hours 50 minutes