



4-Week Cycling Training Plan

Work your way to a strong 25-mile ride

<input checked="" type="checkbox"/> EXAMPLE CARDIO 20 min DAY 1	<input type="checkbox"/> CARDIO 30 min DAY 2	<input type="checkbox"/> STRENGTH 40 min DAY 3	<input type="checkbox"/> ACTIVE REST DAY 3
<input type="checkbox"/> CARDIO 30 min DAY 4	<input type="checkbox"/> CORE + FLEXIBILITY 40 min DAY 5	<input type="checkbox"/> CARDIO 45-60 min DAY 6	<input type="checkbox"/> ACTIVE REST DAY 7
<input type="checkbox"/> CARDIO 30 min DAY 8	<input type="checkbox"/> STRENGTH 40 min DAY 9	<input type="checkbox"/> ACTIVE REST DAY 10	<input type="checkbox"/> CARDIO 30 min DAY 11
<input type="checkbox"/> CORE + FLEXIBILITY 40 min DAY 12	<input type="checkbox"/> CARDIO 60-75 min DAY 13	<input type="checkbox"/> ACTIVE REST DAY 14	<input type="checkbox"/> CARDIO 30 min DAY 15
<input type="checkbox"/> STRENGTH 40 min DAY 16	<input type="checkbox"/> ACTIVE REST DAY 17	<input type="checkbox"/> CARDIO 30 min DAY 18	<input type="checkbox"/> CORE + FLEXIBILITY 40 min DAY 19
<input type="checkbox"/> CARDIO 75-90 min DAY 20	<input type="checkbox"/> ACTIVE REST DAY 21	<input type="checkbox"/> CARDIO 30 min DAY 22	<input type="checkbox"/> STRENGTH 40 min DAY 23
<input type="checkbox"/> ACTIVE REST DAY 24	<input type="checkbox"/> CARDIO 30 min DAY 25	<input type="checkbox"/> CORE + FLEXIBILITY 40 min DAY 26	<input type="checkbox"/> CARDIO 90-100 min DAY 27
<input type="checkbox"/> ACTIVE REST DAY 28			