

velosurance 12 week century training plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	45 min Zone 2	Rest	60 min Zone 2	Rest	20 miles Zone 2	Rest
2	Rest	60 min Zone 2	Rest	60 min Zone 2	Rest	25 miles Zone 2	Rest
3	Rest	60 min Zone 2	Rest	75 min Zone 2	Rest	30 miles Zone 2	Rest
4	Rest	60 min Zone 2	Rest	60 min Zone 2	Rest	20 miles Zone 2	Rest
5	Rest	60 min with 4x5 min intervals @ 85% effort	Rest	75 min Zone 2	Rest	40 miles Zone 2	Rest
6	Rest	60 min with 5x5 min intervals @ 85% effort	Rest	90 min Zone 2	Rest	50 miles Zone 2	Rest
7	Rest	60 min with 6x5 min intervals @ 85% effort	Rest	90 min Zone 2	Rest	60 miles Zone 2	Rest
8	Rest	60 min Zone 2	Rest	60 min Zone 2	Rest	40 miles Zone 2	Rest
9	Rest	60 min with 4x6 min intervals @ 90% effort	Rest	90 min Zone 2	Rest	70 miles Zone 2	Rest
10	Rest	60 min with 3x8 min intervals @ 90% effort	Rest	60 min Zone 2	Rest	80 miles Zone 2	Rest
11	Rest	45 min Zone 2	Rest	45 min Zone 2	Rest	50 miles Zone 2	Rest
12	Rest	30 min Zone 2	Rest	30 min Zone 2	Rest	Century Ride (100 miles)	Rest