

15 Weeks to a Century

	<u>Weekday 1</u>	<u>Weekday 2</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Week Total</u>
Week 1:	10 Miles	10 Miles	15 Miles	15 Miles	50 Miles
Actual Ridden					
Week 2:	10 Miles	10 Miles	20 Miles	20 Miles	60 Miles
Actual Ridden					
Week 3:	15 miles	15 Miles	25 Miles	30 Miles	85 Miles
Actual Ridden					
Week 4:	20 Miles	20 Miles	25 Miles	35 Miles	100 Miles
Actual Ridden					
Week 5:	20 Miles	20 Miles	25 Miles	40 Miles	105 Miles
Actual Ridden					
Week 6:	15 miles	15 miles	20 Miles	25 Miles	75 Miles
Actual Ridden					
Week 7:	15 miles	20 Miles	20 Miles	35 Miles	90 Miles
Actual Ridden					
Week 8:	20 Miles	20 Miles	25 Miles	45 Miles	110 Miles
Actual Ridden					
Week 9:	20 Miles	25 Miles	25 Miles	50 Miles	120 Miles
Actual Ridden					
Week 10:	20 Miles	25 Miles	25 Miles	60 Miles	130 Miles
Actual Ridden					
Week 11:	20 Miles	25 Miles	25 Miles	65 Miles	135 Miles
Actual Ridden					
Week 12:	20 Miles	25 Miles	25 Miles	70 Miles	140 Miles
Actual Ridden					
Week 13:	20 Miles	25 Miles	25 Miles	75 Miles	145 Miles
Actual Ridden					

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	<u>Weekday 1</u>	<u>Weekday 2</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Week Total</u>
Week 14:	25 Miles	25 Miles	40 Miles	0 Miles	90 Miles
Actual Ridden					
Week 15:	15 Miles	10 Miles	100 Miles!!		125 Miles
Ride Week	Go out for an easy ride, nothing too hard as you want your legs fresh.	Tune up ride at JDRF location - make sure your bike and body are in good working order	Enjoy your Century - You have prepared well and we are 100 miles closer to finding a cure!		
Actual Ridden					