

Lap the Lough^{'09}

10 Week training Plan

Miles | Kilometres



supported by:



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Totals
Speed »	Easy	Your Pace	Fast	Rest	Your Pace	Your Pace	Your Pace	
1	6 10	10 16	12 19.5	Rest	10 16	30 48	9 14.5	77 124
2	7 11	11 17.5	13 21	Rest	11 17.5	34 54.5	10 16	86 137.5
3	8 13	13 21	15 24	Rest	13 21	38 61	11 17.5	98 157.5
4	8 13	14 22.5	17 27	Rest	14 22.5	42 67.5	12 19.5	108 172
5	9 14.5	15 24	19 30.5	Rest	15 24	47 67.5	14 22.5	119 183
6	11 17.5	15 24	21 33.5	Rest	15 24	53 85	16 25.5	131 209.5
7	12 19.5	15 24	24 38.5	Rest	15 24	59 95	18 29	143 230
8	13 21	15 24	25 40	Rest	15 24	65 104.5	20 32	153 245.5
9	15 24	15 24	25 40	Rest	15 24	65 104.5	20 32	155 248
10	15 24	15 24	25 40	Rest	10 16	5 8	LAP THE LOUGH Sunday 30th August	157 252

Easy – a speed slower than your normal speed.

Your Pace – the pace you intend riding the event.

Fast – a pace faster than you intend riding the event.