

TRAINING PLAN

A simple, beginner-friendly plan to help you comfortably complete the Pixies Revenge 46 mile ride. It is not a race - the goal is to finish feeling proud and in one piece. You got this.

Weeks 1-6

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest	Easy ride 25 min Keep it gentle	Rest (or gentle stretching)	Steady ride 35 min Steady pace	Rest	Rest (or a short walk)	Long ride 45 min Take breaks when needed
2	Rest	Easy ride 30 min Keep it gentle	Rest (or gentle stretching)	Steady ride 40 min Steady pace	Rest	Optional easy ride 25 min Or a walk	Long ride 1 hour Take breaks when needed
3	Rest	Easy ride 30 min Keep it gentle	Rest (or gentle stretching)	Steady ride 45 min Steady pace	Rest	Optional easy ride 30 min Or a walk	Long ride 1 hour 15 min Take breaks when needed
4	Rest	Easy ride 25 min Keep it gentle	Rest (or gentle stretching)	Steady ride 35 min Steady pace	Rest	Rest (or a short walk)	Long ride 1 hour Easier week - keep it comfortable
5	Rest	Easy ride 35 min Keep it gentle	Rest (or gentle stretching)	Steady ride 50 min Steady pace	Rest	Optional easy ride 30 min Or a walk	Long ride 1 hour 30 min Take breaks when needed
6	Rest	Easy ride 40 min Keep it gentle	Rest (or gentle stretching)	Steady ride 55 min Steady pace	Rest	Optional easy ride 35 min Or a walk	Long ride 1 hour 45 min Take breaks when needed

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Weeks 7-12

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7	Rest	Easy ride 45 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour Find a few small hills	Rest	Optional easy ride 35 min Or a walk	Long ride 2 hours 15 min Take breaks when needed
8	Rest	Easy ride 35 min Keep it gentle	Rest (or gentle stretching)	Steady ride 50 min Steady pace	Rest	Rest (or a short walk)	Long ride 1 hour 45 min Easier week - keep it comfortable
9	Rest	Easy ride 45 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 10 min Steady pace	Rest	Optional easy ride 40 min Or a walk	Long ride 2 hours 45 min Include a few hills if you can
10	Rest	Easy ride 50 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 20 min Find a few small hills	Rest	Optional easy ride 45 min Or a walk	Long ride 3 hours 30 min Take breaks and snack little and often
11	Rest	Easy ride 55 min Keep it gentle	Rest (or gentle stretching)	Steady ride 1 hour 30 min Steady pace	Rest	Optional easy ride 45 min Or a walk	Long ride 4 hours 15 min Practice snacks and drinks
12	Rest	Easy ride 30 min Keep it gentle	Rest (or gentle stretching)	Steady ride 40 min Keep it easy	Rest	Rest (or a short walk)	Pixies Revenge! 46 miles Take it steady and enjoy it