

# 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 <b>25 min</b> Keep it gentle	Rest (or gentle stretching)	Steady ride <b>35 min</b> Steady pace	Rest	Rest (or a short walk)	Long ride <b>45 min</b> Take breaks when needed
2	Rest	Easy ride <b>30 min</b> Keep it gentle	Rest (or gentle stretching)	Steady ride <b>40 min</b> Steady pace	Rest	Optional easy ride <b>25 min</b> Or a walk	Long ride <b>1 hour</b> Take breaks when needed
3	Rest	Easy ride <b>30 min</b> Keep it gentle	Rest (or gentle stretching)	Steady ride <b>45 min</b> Steady pace	Rest	Optional easy ride <b>30 min</b> Or a walk	Long ride <b>1 hour 15 min</b> Take breaks when needed
4	Rest	Easy ride <b>25 min</b> Keep it gentle	Rest (or gentle stretching)	Steady ride <b>35 min</b> Steady pace	Rest	Rest (or a short walk)	Long ride <b>1 hour</b> Easier week - keep it comfortable
5	Rest	Easy ride <b>35 min</b> Keep it gentle	Rest (or gentle stretching)	Steady ride <b>50 min</b> Steady pace	Rest	Optional easy ride <b>30 min</b> Or a walk	Long ride <b>1 hour 30 min</b> Take breaks when needed
6	Rest	Easy ride <b>40 min</b> Keep it gentle	Rest (or gentle stretching)	Steady ride <b>55 min</b> Steady pace	Rest	Optional easy ride <b>35 min</b> Or a walk	Long ride <b>1 hour 45 min</b> Take breaks when needed

# TRAINING PLAN

Weeks 7-12

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