

12 Week Training Schedule for BAK
Designed for the Beginning Rider

Dates	Week	Tuesday	Thursday	Saturday	Sunday	Weekly Mileage
March 13-19	Week 1	5	5	10	7.5	27.5
March 20-26	Week 2	7.5	7.5	15	11.3	41.3
March 27-April 2	Week 3	10	10	20	15	55
April 3-9	Week 4	12.5	12.5	25	18.8	68.8
April 10-16	Week 5	15	15	30	22.5	82.5
April 17-23	Week 6	17.5	17.5	35	26.3	96.3
April 24-30	Week 7	20	20	40	30	110
May 1-7	Week 8	22.5	22.5	45	30.2	120.2
May 8-14	Week 9	25	25	50	30	130
May 15-21	Week 10	27.5	27.5	55	33	143
May 22-28	Week 11	30	30	60	36	156
May 29-June 3	Week 12	32.5	32.5	65	39	169
June 4-10	Week 13	20	20	—Start BAK—		40
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