



105 MI TRAINING MILEAGE



6 WEEKS TO GO TO 5/20

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Intermediate (Week 3)

15	10	10	30		45	10
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- *To complete the training, your fitness should be at a level where you can comfortably ride 45 miles at your easy pace.*

Intermediate (Week 4)

20	10	10	30		55	10
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- *To complete the training, your fitness should be at a level where you can comfortably ride 55 miles at your easy pace.*

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NOTES

Want detailed strength & conditioning exercises, specific stretches or nutrition/hydration guidance?

Contact Morgon Latimore
(Ironman certified coach)
at latitudepurefitness@gmail.com

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