



# 67 MI TRAINING MILEAGE



## 2 WEEKS TO GO TO 5/20

<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>	<b>S</b>	<b>S</b>
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### Intermediate (Week 7)

25	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.

### Intermediate (Week 8)

25		10	20			
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- To complete the training, your fitness should be at a level where you can comfortably ride 25 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](mailto:latitudepurefitness@gmail.com)

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