



Petal & Paper

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Cycling training log



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THIS MONTH ON THE BIKE

cycling log

Week 1

Ride 1: Date ____ Distance ____km Time ____

Avg speed ____kph Elevation ____m Type:

road/mtb/turbo

Ride 2: Date ____ Distance ____km Time ____

Avg speed ____kph Type: ____

Ride 3: Date ____ Distance ____km Time ____

Type: ____

Week 1 total: ____km Time: ____

Week 2

Ride 1: Date ____ Distance ____km Time ____

Type: ____

Ride 2: Date ____ Distance ____km Time ____

Type: ____

Ride 3: Date ____ Distance ____km Time ____

Type: ____

Week 2 total: ____km

Weeks 3–4 summary

Week 3: ____km Week 4: ____km

Month total: ____km Rides: ____

Best ride: ____km on ____ Time: ____

Longest climb / best segment:

Maintenance notes

Tyre pressure checked: ☐ Chain lubed: ☐

Service due: ____ Consumables needed:
