

2010 RAGBRAI® Training Mileage Guide

<u>Week of</u>	<u>Weekday 1</u>	<u>Weekday 2</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Bonus Miles</u>	<u>Total Miles</u>
May 10, 2010	10 Miles	10 Miles	20 Miles	30 Miles		70 Miles
Actual Ridden						
May 17, 2010	10 Miles	10 Miles	25 Miles	35 Miles		80 Miles
Actual Ridden						
May 24, 2010	15 miles	15 Miles	25 Miles	35 Miles		90 Miles
Actual Ridden						
May 31, 2010	20 Miles	20 Miles	25 Miles	40 Miles		105 Miles
Actual Ridden						
June 7, 2010	10 Miles	10 Miles	25 Miles	35 Miles		80 Miles
Actual Ridden						
June 14, 2010	20 Miles	20 Miles	25 Miles	35 Miles		100 Miles
Actual Ridden						
June 21, 2010	20 Miles	20 Miles	25 Miles	45 Miles		110 Miles
Actual Ridden						
June 28, 2010	20 Miles	25 Miles	25 Miles	50 Miles		120 Miles
Actual Ridden						
July 5, 2010	25 Miles	25 Miles	30 Miles	55 Miles		135 Miles
Actual Ridden						
July 12, 2010	25 Miles	25 Miles	30 Miles	70 Miles		150 Miles
Actual Ridden						
July 19, 2010	15 miles Recovery week before RAGBRAI® begins	25 Miles	Arrive at RAGBRAI Test ride bike	RAGBRAI Begins!		40 Miles
Actual Ridden						
July 26, 2010	RAGBRAI ! Enjoy it now that you have prepared properly!					