

2011 RAGBRAI Training Plan

<u>Week of:</u>	<u>Sunday</u>	<u>Weekday 1</u>	<u>Weekday 2</u>	<u>Saturday</u>	<u>Week Total</u>
April 10	20 Miles	10 Miles	10 Miles	10 Miles	50 Miles
Actual Ridden					
April 17	20 Miles	10 Miles	10 Miles	20 Miles	60 Miles
Actual Ridden					
April 24	25 Miles	15 Miles	15 Miles	25 Miles	80 Miles
Actual Ridden					
May 1	25 Miles	15 Miles	15 Miles	35 Miles	90 Miles
Actual Ridden					
May 8	25 Miles	20 Miles	20 Miles	40 Miles	105 Miles
Actual Ridden					
May 15	30 Miles	20 Miles	20 Miles	40 Miles	110 Miles
Actual Ridden					
May 22	15 miles	15 miles	20 Miles	25 Miles	75 Miles
Actual Ridden					
May 29	25 Miles	20 Miles	20 Miles	45 Miles	110 Miles
Actual Ridden					
June 5	30 Miles	20 Miles	20 Miles	50 Miles	120 Miles
Actual Ridden					
June 12	25 Miles	25 Miles	25 Miles	55 Miles	130 Miles
Actual Ridden					
June 19	20 Miles	20 Miles	20 Miles	40 Miles	100 Miles
Actual Ridden					
June 26	25 Miles	25 Miles	25 Miles	55 Miles	130 Miles
Actual Ridden					
July 3	30 Miles	25 Miles	30 Miles	65 Miles	150 Miles
Actual Ridden					
July 10	50 Miles	25 Miles	25 Miles	75 Miles	175 Miles
Actual Ridden					
July 17	25 Miles	15 Miles	20 Miles Optional - especially if you are traveling to RAGBRAI	5 Miles - Bike Tuneup - Make sure it is working before heading off tomorrow	65 Miles
Prep week - rest up with easy riding, get ready for RAGBRAI					
Actual Ridden					
July 24	RAGBRAI XXXIX Enjoy your ride!				454 Miles!
Here it is - RAGBRAI Time! You have prepared well, enjoy!					
Actual Ridden					