

2014 RAGBRAI Suggested 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 6	20 Miles	10 Miles	10 Miles	10 Miles	50 Miles
Actual Ridden					
April 13	20 Miles	10 Miles	10 Miles	20 Miles	60 Miles
Actual Ridden					
April 20	25 Miles	15 Miles	15 Miles	25 Miles	80 Miles
Actual Ridden					
April 27	25 Miles	15 Miles	15 Miles	35 Miles	90 Miles
Actual Ridden					
May 4	25 Miles	20 Miles	20 Miles	40 Miles	105 Miles
Actual Ridden					
May 11	30 Miles	20 Miles	20 Miles	40 Miles	110 Miles
Actual Ridden					
May 18	15 miles	15 miles	20 Miles	25 Miles	75 Miles
Actual Ridden					
May 25	25 Miles	20 Miles	20 Miles	45 Miles	110 Miles
Actual Ridden					
June 1	30 Miles	20 Miles	20 Miles	50 Miles	120 Miles
Actual Ridden					
June 8	25 Miles	25 Miles	25 Miles	55 Miles	130 Miles
Actual Ridden					
June 15	20 Miles	20 Miles	20 Miles	40 Miles	100 Miles
Actual Ridden					
June 22	25 Miles	25 Miles	25 Miles	55 Miles	130 Miles
Actual Ridden					
June 29	30 Miles	25 Miles	30 Miles	65 Miles	150 Miles
Actual Ridden					
July 6	50 Miles	25 Miles	25 Miles	75 Miles	175 Miles
Actual Ridden					

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Week of:	Sunday	Weekday 1	Weekday 2	Saturday	Week Total
July 13 Prep week - rest up with easy riding, get ready for RAGBRAI	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
Actual Ridden					
July 20 Here it is - RAGBRAI Time! You have prepared well, enjoy!	RAGBRAI XLII Enjoy your ride!				454 Miles!
Actual Ridden					
Prepared exclusively for RAGBRAI® by Coach David Ertl (www.cyclesportcoaching.com)					