

2017 RAGBRAI Training Plan

| <u>Week of:</u> | <u>Weekday 1</u> | <u>Weekday 2</u> | <u>Saturday</u> | <u>Sunday</u> | <u>Week Total</u> |
|---|---|---|---|-------------------------------|-------------------|
| March 13 | 10 Miles | 10 Miles | 10 Miles | 15 Miles | 45 Miles |
| Actual Ridden | | | | | |
| March 20 | 10 Miles | 10 Miles | 15 Miles | 15 Miles | 50 Miles |
| Actual Ridden | | | | | |
| March 27 | 10 Miles | 15 Miles | 20 Miles | 15 Miles | 60 Miles |
| Actual Ridden | | | | | |
| April 3 | 15 Miles | 15 Miles | 25 Miles | 15 Miles | 70 Miles |
| Actual Ridden | | | | | |
| April 10 | 10 Miles | 10 Miles | 10 Miles | 20 Miles | 50 Miles |
| Actual Ridden | | | | | |
| April 17 | 10 Miles | 10 Miles | 25 Miles | 20 Miles | 65 Miles |
| Actual Ridden | | | | | |
| April 24 | 15 Miles | 15 Miles | 25 Miles | 20 Miles | 75 Miles |
| Actual Ridden | | | | | |
| May 15 | 15 Miles | 15 Miles | 35 Miles | 25 Miles | 90 Miles |
| Actual Ridden | | | | | |
| May 8 | 20 Miles | 20 Miles | 40 Miles | 25 Miles | 105 Miles |
| Actual Ridden | | | | | |
| May 15 | 20 Miles | 20 Miles | 40 Miles | 30 Miles | 110 Miles |
| Actual Ridden | | | | | |
| May 22 | 15 miles | 20 Miles | 25 Miles | 15 miles | 75 Miles |
| Actual Ridden | | | | | |
| May 29 | 20 Miles | 20 Miles | 45 Miles | 25 Miles | 110 Miles |
| Actual Ridden | | | | | |
| June 5 | 20 Miles | 20 Miles | 50 Miles | 30 Miles | 120 Miles |
| Actual Ridden | | | | | |
| June 12 | 25 Miles | 25 Miles | 55 Miles | 25 Miles | 130 Miles |
| Actual Ridden | | | | | |
| June 19 | 20 Miles | 20 Miles | 40 Miles | 20 Miles | 100 Miles |
| Actual Ridden | | | | | |
| June 26 | 25 Miles | 25 Miles | 55 Miles | 25 Miles | 130 Miles |
| Actual Ridden | | | | | |
| July 3 | 25 Miles | 30 Miles | 65 Miles | 30 Miles | 150 Miles |
| Actual Ridden | | | | | |
| July 10 | 25 Miles | 25 Miles | 75 Miles | 50 Miles | 175 Miles |
| Actual Ridden | | | | | |
| July 17 | 15 Miles Prep week - rest up with easy riding, get ready for RAGBRAI | 20 Miles Optional - especially if you are traveling to RAGBRAI | 5 Miles - Bike Tuneup - Make sure it is working before heading off tomorrow | 50 Miles Start of RAGBRAI! | 105 Miles |
| Actual Ridden | | | | | |
| July 23-29 | RAGBRAI XLV Enjoy your ride! | | | | 411 Miles! |
| Actual Ridden | | | | | |
| Prepared exclusively for RAGBRAI ® by Coach David Ertl (www.cyclesportcoaching.com) | | | | | |