

2012 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 8	20 Miles	10 Miles	10 Miles	10 Miles	50 Miles
Actual Ridden					0
April 15	20 Miles	10 Miles	10 Miles	20 Miles	60 Miles
Actual Ridden					0
April 22	25 Miles	15 Miles	15 Miles	25 Miles	80 Miles
Actual Ridden					0
April 29	25 Miles	15 Miles	15 Miles	35 Miles	90 Miles
Actual Ridden					0
May 6	25 Miles	20 Miles	20 Miles	40 Miles	105 Miles
Actual Ridden					0
May 13	30 Miles	20 Miles	20 Miles	40 Miles	110 Miles
Actual Ridden					0
May 20	15 miles	15 miles	20 Miles	25 Miles	75 Miles
Actual Ridden					0
May 27	25 Miles	20 Miles	20 Miles	45 Miles	110 Miles
Actual Ridden					0
June 3	30 Miles	20 Miles	20 Miles	50 Miles	120 Miles
Actual Ridden					0
June 10	25 Miles	25 Miles	25 Miles	55 Miles	130 Miles
Actual Ridden					0
June 17	20 Miles	20 Miles	20 Miles	40 Miles	100 Miles
Actual Ridden					0
June 24	25 Miles	25 Miles	25 Miles	55 Miles	130 Miles
Actual Ridden					0
July 1	30 Miles	25 Miles	30 Miles	65 Miles	150 Miles
Actual Ridden					0
July 8	50 Miles	25 Miles	25 Miles	75 Miles	175 Miles
Actual Ridden					0
July 15	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					0
Training Totals					
Actual Ridden					
July 22	RAGBRAI XL Enjoy your ride!				471 Miles!
Here it is - RAGBRAI Time! You have prepared well, enjoy!					

Prepared exclusively for RAGBRAI® by Coach David Ertl (www.cyclesportcoaching.com) with assistance from Michael Hughes