

2013 RAGBRAI Training Plan

Week of:	<u>Sunday</u>	<u>Weekday 1</u>	<u>Weekday 2</u>	<u>Saturday</u>	<u>Week Total</u>
April 22	25 Miles	15 Miles	15 Miles	25 Miles	80 Miles
Actual Ridden					
April 29	25 Miles	15 Miles	15 Miles	35 Miles	90 Miles
Actual Ridden					
May 6	25 Miles	20 Miles	20 Miles	40 Miles	105 Miles
Actual Ridden					
May 13	30 Miles	20 Miles	20 Miles	40 Miles	110 Miles
Actual Ridden					
May 20	15 miles	15 miles	20 Miles	25 Miles	75 Miles
Actual Ridden					
May 27	25 Miles	20 Miles	20 Miles	45 Miles	110 Miles
Actual Ridden					
June 3	30 Miles	20 Miles	20 Miles	50 Miles	120 Miles
Actual Ridden					
June 10	25 Miles	25 Miles	25 Miles	55 Miles	130 Miles
Actual Ridden					
June 17	20 Miles	20 Miles	20 Miles	40 Miles	100 Miles
Actual Ridden					
June 24	25 Miles	25 Miles	25 Miles	55 Miles	130 Miles
Actual Ridden					
July 1	30 Miles	25 Miles	30 Miles	65 Miles	150 Miles
Actual Ridden					

2013 RAGBRAI Training Plan

Week of:	Sunday	Weekday 1	Weekday 2	Saturday	Week Total
July 8	50 Miles	25 Miles	25 Miles	75 Miles	175 Miles
Actual Ridden					
July 15 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					
Training Totals					
Actual Ridden					
July 21 Here it is - RAGBRAI Time! You have prepared well, enjoy!	RAGBRAI Enjoy your ride!				406 Miles!
Prepared exclusively for RAGBRAI © by Coach David Ertl (www.cyclesportcoaching.com)					

