

<u>2015 RAGBRAI Suggested Training Plan</u>					
<u>Week of:</u>	<u>Weekday 1</u>	<u>Weekday 2</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Week Total</u>
April 6	10 Miles	10 Miles	10 Miles	20 Miles	50 Miles
Actual Ridden					
April 13	10 Miles	10 Miles	20 Miles	20 Miles	60 Miles
Actual Ridden					
April 20	15 Miles	15 Miles	25 Miles	25 Miles	80 Miles
Actual Ridden					
April 27	15 Miles	15 Miles	35 Miles	25 Miles	90 Miles
Actual Ridden					
May 4	20 Miles	20 Miles	40 Miles	25 Miles	105 Miles
Actual Ridden					
May 11	20 Miles	20 Miles	40 Miles	30 Miles	110 Miles
Actual Ridden					
May 18	15 miles	20 Miles	25 Miles	15 miles	75 Miles
Actual Ridden					
May 25	20 Miles	20 Miles	45 Miles	25 Miles	110 Miles
Actual Ridden					
June 1	20 Miles	20 Miles	50 Miles	30 Miles	120 Miles
Actual Ridden					
June 8	25 Miles	25 Miles	55 Miles	25 Miles	130 Miles
Actual Ridden					
June 15	20 Miles	20 Miles	40 Miles	20 Miles	100 Miles
Actual Ridden					
June 22	25 Miles	25 Miles	55 Miles	25 Miles	130 Miles
Actual Ridden					
June 29	25 Miles	30 Miles	65 Miles	30 Miles	150 Miles
Actual Ridden					
July 6	25 Miles	25 Miles	75 Miles	50 Miles	175 Miles
Actual Ridden					
July 13	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	25 Miles	65 Miles
Prep week - rest up with easy riding, get ready for RAGBRAI					
Actual Ridden					
July 19	RAGBRAI XLII Enjoy your ride!				474 Miles!
Here it is - RAGBRAI Time! You have prepared well, enjoy!					
Actual Ridden					