

## 2019 RAGBRAI Training Plan

Week of:	Weekday 1	Weekday 2	Saturday	Sunday	Week Total
March 11	10 Miles	10 Miles	10 Miles	15 Miles	45 Miles
Actual Ridden					
March 18	10 Miles	10 Miles	15 Miles	15 Miles	50 Miles
Actual Ridden					
March 25	10 Miles	15 Miles	20 Miles	15 Miles	60 Miles
Actual Ridden					
April 1	15 Miles	15 Miles	25 Miles	15 Miles	70 Miles
Actual Ridden					
April 8	10 Miles	10 Miles	10 Miles	20 Miles	50 Miles
Actual Ridden					
April 15	10 Miles	10 Miles	25 Miles	20 Miles	65 Miles
Actual Ridden					
April 22	15 Miles	15 Miles	25 Miles	20 Miles	75 Miles
Actual Ridden					
April 29	15 Miles	15 Miles	35 Miles	25 Miles	90 Miles
Actual Ridden					
May 6	20 Miles	20 Miles	40 Miles	25 Miles	105 Miles
Actual Ridden					
May 13	20 Miles	20 Miles	40 Miles	30 Miles	110 Miles
Actual Ridden					
May 20	15 miles	20 Miles	25 Miles	15 miles	75 Miles
Actual Ridden					
May 27	20 Miles	20 Miles	45 Miles	25 Miles	110 Miles
Actual Ridden					
June 3	20 Miles	20 Miles	50 Miles	30 Miles	120 Miles
Actual Ridden					
June 10	25 Miles	25 Miles	55 Miles	25 Miles	130 Miles
Actual Ridden					

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Week of:	Weekday 1	Weekday 2	Saturday	Sunday	Week Total
June 17	20 Miles	20 Miles	40 Miles	20 Miles	100 Miles
Actual Ridden					
June 24	25 Miles	25 Miles	55 Miles	25 Miles	130 Miles
Actual Ridden					
July 1	25 Miles	30 Miles	65 Miles	30 Miles	150 Miles
Actual Ridden					
July 8	25 Miles	25 Miles	75 Miles	50 Miles	175 Miles
Actual Ridden					
July 15 Prep week - rest up with easy riding, get ready for RAGBRAI	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	58 Miles Start of RAGBRAI!	98 Miles
Actual Ridden					
July 21-27  Here it is - RAGBRAI Time! You have prepared well, enjoy!	RAGBRAI XLVII Enjoy your ride!				427 Miles!
Actual Ridden					
Prepared exclusively for RAGBRAI® by Coach David Ertl ( <a href="http://www.cyclesportcoaching.com">www.cyclesportcoaching.com</a> )					