

2020 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 9	10 miles	10 miles	10 miles	15 miles	45 miles
Actual Ridden					0 miles
March 16	10 miles	10 miles	15 miles	15 miles	50 miles
Actual Ridden					0 miles
March 23	10 miles	15 miles	20 miles	15 miles	60 miles
Actual Ridden					0 miles
March 30	15 miles	15 miles	25 miles	15 miles	70 miles
Actual Ridden					0 miles
April 6	10 miles	10 miles	10 miles	20 miles	50 miles
Actual Ridden					0 miles
April 13	10 miles	10 miles	25 miles	20 miles	65 miles
Actual Ridden					0 miles
April 20	15 miles	15 miles	25 miles	20 miles	75 miles
Actual Ridden					0 miles
April 27	15 miles	15 miles	35 miles	25 miles	90 miles
Actual Ridden					0 miles
May 4	20 miles	20 miles	40 miles	25 miles	105 miles
Actual Ridden					0 miles
May 11	20 miles	20 miles	40 miles	30 miles	110 miles
Actual Ridden					0 miles
May 18	15 miles	20 miles	25 miles	15 miles	75 miles
Actual Ridden					0 miles
May 25	20 miles	20 miles	45 miles	25 miles	110 miles
Actual Ridden					0 miles
June 1	20 miles	20 miles	50 miles	30 miles	120 miles
Actual Ridden					0 miles
June 8	25 miles	25 miles	55 miles	25 miles	130 miles
Actual Ridden					0 miles

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June 15	20 miles	20 miles	40 miles	20 miles	100 miles
Actual Ridden					0 miles
June 22	25 miles	25 miles	55 miles	25 miles	130 miles
Actual Ridden					0 miles
June 29	25 miles	30 miles	65 miles	30 miles	150 miles
Actual Ridden					0 miles
July 6	25 miles	25 miles	75 miles	50 miles	175 miles
Actual Ridden					0 miles
July 13	15 miles	20 miles	5 miles		
Prep week - rest up with easy riding, get packed and travel to RAGBRAI		Optional - depending on your travel plans	- Bike Checkup - Make sure your bike is working after shipping/hauling to western Iowa	RAGBRAI XLVIII Begins!	
Actual Ridden					
July 19-25 Here it is - RAGBRAI Time! You have prepared well, enjoy!	RAGBRAI XLVIII Enjoy your ride!				420 Miles!
Prepared exclusively for RAGBRAI® by Coach David Ertl (www.cyclesportcoaching.com)					