

2021 RAGBRAI Training Plan

Week of:	<u>Weekday 1</u>	<u>Weekday 2</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Week Total</u>
March 15	10 miles	10 miles	10 miles	15 miles	45 miles
Actual Ridden					0 miles
March 22	10 miles	10 miles	15 miles	15 miles	50 miles
Actual Ridden					0 miles
March 29	10 miles	15 miles	20 miles	15 miles	60 miles
Actual Ridden					0 miles
April 5	15 miles	15 miles	25 miles	15 miles	70 miles
Actual Ridden					0 miles
April 12	10 miles	10 miles	10 miles	20 miles	50 miles
Actual Ridden					0 miles
April 19	10 miles	10 miles	25 miles	20 miles	65 miles
Actual Ridden					0 miles
April 26	15 miles	15 miles	25 miles	20 miles	75 miles
Actual Ridden					0 miles
May 3	15 miles	15 miles	35 miles	25 miles	90 miles
Actual Ridden					0 miles
May 10	20 miles	20 miles	40 miles	25 miles	105 miles
Actual Ridden					0 miles
May 17	20 miles	20 miles	40 miles	30 miles	110 miles
Actual Ridden					0 miles
May 24	15 miles	20 miles	25 miles	15 miles	75 miles
Actual Ridden					0 miles
May 31	20 miles	20 miles	45 miles	25 miles	110 miles
Actual Ridden					0 miles
June 7	20 miles	20 miles	50 miles	30 miles	120 miles
Actual Ridden					0 miles
June 14	25 miles	25 miles	55 miles	25 miles	130 miles
Actual Ridden					0 miles

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June 21	20 miles	20 miles	40 miles	20 miles	100 miles
Actual Ridden					0 miles
June 28	25 miles	25 miles	55 miles	25 miles	130 miles
Actual Ridden					0 miles
July 5	25 miles	30 miles	65 miles	30 miles	150 miles
Actual Ridden					0 miles
July 12	25 miles	25 miles	75 miles	50 miles	175 miles
Actual Ridden					0 miles
July 19	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 25-31 Here it is - RAGBRAI Time! You have prepared well, enjoy!	RAGBRAI XLVIII Enjoy your ride!				426 Miles!
Prepared exclusively for RAGBRAI® by Coach David Ertl (www.cyclesportcoaching.com)					