

2023 RAGBRAI® L Training Plan

<u>Week of:</u>	<u>Weekday 1</u>	<u>Weekday 2</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Week Total</u>
February 6	5 miles	5 miles	10 miles	-	20 miles
Actual Ridden					
February 13	10 miles	10 miles	10 miles	-	30 miles
Actual Ridden					
February 20	10 miles	10 miles	5 miles	10 miles	35 miles
Actual Ridden					
February 27	10 miles	10 miles	10 miles	10 miles	40 miles
Actual Ridden					
March 6	10 miles	10 miles	10 miles	15 miles	45 miles
Actual Ridden					
March 13	10 miles	10 miles	10 miles	20 miles	50 miles
Actual Ridden					
March 20	10 miles	10 miles	15 miles	20 miles	55 miles
Actual Ridden					
March 27	10 miles	10 miles	20 miles	20 miles	60 miles
Actual Ridden					
April 3	10 miles	15 miles	20 miles	20 miles	65 miles
Actual Ridden					
April 10	15 miles	15 miles	20 miles	20 miles	70 miles
Actual Ridden					
April 17	15 miles	20 miles	20 miles	20 miles	75 miles
Actual Ridden					
April 24	20 miles	20 miles	20 miles	20 miles	80 miles
Actual Ridden					
May 1	20 miles	20 miles	25 miles	20 miles	85 miles
Actual Ridden					
May 8	20 miles	20 miles	30 miles	20 miles	90 miles
Actual Ridden					
May 15	20 miles	20 miles	35 miles	20 miles	95 miles
Actual Ridden					
May 22	20 miles	20 miles	40 miles	20 miles	100 miles
Actual Ridden					

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May 29	20 miles	20 miles	45 miles	20 miles	105 miles
Actual Ridden					
June 5	20 miles	20 miles	50 miles	20 miles	110 miles
Actual Ridden					
June 12	20 miles	20 miles	55 miles	20 miles	115 miles
Actual Ridden					
June 19	20 miles	20 miles	60 miles	20 miles	120 miles
Actual Ridden					
June 26	20 miles	20 miles	70 miles	25 miles	135 miles
Actual Ridden					
July 3	25 miles	25 miles	80 miles	25 miles	155 miles
Actual Ridden					
July 10	25 miles	25 miles	40 miles	25 miles	115 miles
Actual Ridden					
July 17	15 miles	15 miles	10 miles	59 miles	99 miles
Prep week - rest up with easy riding, get packed and travel to RAGBRAI	Optional Ride - depending on your travel plans	Optional Ride - depending on your travel plans	- Bike Checkup - Make sure your bike is working after shipping/hauling to western Iowa	RAGBRAI L Begins!	
Actual Ridden					
July 23-29	RAGBRAI L Enjoy your ride!	RAGBRAI L Enjoy your ride!	RAGBRAI L Enjoy your ride!	RAGBRAI L Enjoy your ride!	500 Miles!
Here it is - RAGBRAI Time! You have prepared well, enjoy!					

Prepared exclusively for RAGBRAI® by Coach David Ertl (www.cyclesportcoaching.com)