

2024 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>
February 12	5 miles	5 miles	10 miles	-	20 miles
Actual Ridden					
February 19	10 miles	10 miles	10 miles	-	30 miles
Actual Ridden					
February 26	10 miles	10 miles	5 miles	10 miles	35 miles
Actual Ridden					
March 4	10 miles	10 miles	10 miles	10 miles	40 miles
Actual Ridden					
March 11	10 miles	10 miles	10 miles	15 miles	45 miles
Actual Ridden					
March 18	10 miles	10 miles	10 miles	20 miles	50 miles
Actual Ridden					
March 25	10 miles	10 miles	15 miles	20 miles	55 miles
Actual Ridden					
April 1	10 miles	10 miles	20 miles	20 miles	60 miles
Actual Ridden					
April 8	10 miles	15 miles	20 miles	20 miles	65 miles
Actual Ridden					
April 15	15 miles	15 miles	20 miles	20 miles	70 miles
Actual Ridden					
April 22	15 miles	20 miles	20 miles	20 miles	75 miles
Actual Ridden					
April 29	20 miles	20 miles	20 miles	20 miles	80 miles
Actual Ridden					
May 6	20 miles	20 miles	25 miles	20 miles	85 miles
Actual Ridden					
May 13	20 miles	20 miles	30 miles	20 miles	90 miles
Actual Ridden					
May 20	20 miles	20 miles	35 miles	20 miles	95 miles
Actual Ridden					
May 27	20 miles	20 miles	40 miles	20 miles	100 miles
Actual Ridden					

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<u>Week of:</u>	<u>Weekday 1</u>	<u>Weekday 2</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Week Total</u>
June 3	20 miles	20 miles	45 miles	20 miles	105 miles
Actual Ridden					
June 10	20 miles	20 miles	50 miles	20 miles	110 miles
Actual Ridden					
June 17	20 miles	20 miles	55 miles	20 miles	115 miles
Actual Ridden					
June 24	20 miles	20 miles	60 miles	20 miles	120 miles
Actual Ridden					
July 1	20 miles	20 miles	70 miles	25 miles	135 miles
Actual Ridden					
July 8	15 miles	15 miles	10 miles	15 miles	55 miles
Actual Ridden					
July 15 - 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 20-27 Here it is - RAGBRAI Time! You have prepared well. enjoy!	RAGBRAI L Enjoy your ride!	RAGBRAI L Enjoy your ride!	RAGBRAI L Enjoy your ride!	RAGBRAI L Enjoy your ride!	500 Miles!
Actual Ridden					
Prepared exclusively for RAGBRAI® by Coach David Ertl (www.cyclesportcoaching.com)					

Note on using this plan: This plan is meant to be a guide on the frequency and amount of riding you should consider doing to prepare for a successful RAGBRAI experience. You don't have to follow it to a tee, it's a guide.

Two things you should try to follow are:

- 1) ride the total number of miles listed for each week. If you have to move the days of riding around, that's okay as long as you can hit the total for that week. You can do more or less days of riding (although try to avoid doing them all in one day!). You could spread the miles into more days if you can and that works with your schedule.
- 2) try to ride the miles listed for the longest ride each week. Working up to progressively longer rides is key to being ready for seven long days in the saddle on RAGBRAI. So this is the one ride each week you should aim to accomplish.

You are free to do more miles than listed if you can and would like to. This guide is meant to be a minimum number of miles to shoot for.

Good Luck with your training!