

Tour du Rouge 2021 Training Plan



November

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
Nov 1	2	3	4	5	6	7	
30		20	20		20	30	120
8	9	10	11	12	13	14	
30		20	20		20	30	120
15	16	17	18	19	20	21	
30		20	20		20	30	120
22	23	24	25	26	27	28	
30		20	20		20	30	120
29	30	1	2	3	4	5	
30							30

mi/month = 510

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
		Dec 1	2	3	4	5	
		20	20		20	30	90
6	7	8	9	10	11	12	
30		20	20		20	30	120
13	14	15	16	17	18	19	
30		20	20		20	30	120
20	21	22	23	24	25	26	
30		30	20			30	110
27	28	29	30	31			
		30	20				50

mi/month = 490

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
					Jan 1	2	
					20	50	70
3	4	5	6	7	8	9	
30		20	20		30	50	150
10	11	12	13	14	15	16	
30		20	20		30	50	150
17	18	19	20	21	22	23	
30		20	20		30	50	150
24	25	26	27	28	29	30	
40		20	25		30	50	165
31							
40							40

mi/month = 725

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
	Feb 1	2	3	4	5	6	
		20	25		30	50	125
7	8	9	10	11	12	13	
50		20	25		30	50	175
14	15	16	17	18	19	20	
50		20	25		30	50	175
21	22	23	24	25	26	27	
50		20	25		30	55	180
28							
50							50

mi/month = 705

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
	Mar 1	2	3	4	5	6	
		20	25		30	55	130
7	8	9	10	11	12	13	
60		20	25		30	60	195
14	15	16	17	18	19	20	
65		30	35		45	75	250
21	22	23	24	25	26	27	
65		30	35		45	75	250
28	29	30	31				
65		30	35				130

mi/month = 955

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk	
				Apr 1	2	3		
					45	75	120	
4	5	6	7	8	9	10		
65		30	35		45	85	260	
11	12	13	14	15	16	17		
65		25	35		45	80	250	
18	19	20	21	22	23	24		
60		20	25		35	60	200	
<---	---	---	Taper	---	---	---		
25	26	27	28	29	30	1		
20		20					40	
Rest & Recover. Low to No mileage.								
May 2	3	4	5	6	May 7	8		
<---	---	Tour du Rouge			---			0

mi/month = 870

Notes:

- Include as many back to back 60+ mile days as possible during a week.
- More miles are better.
- Minimum Average Speed = 15 mph
- Substitute Intervals for mid week rides to build speed. Work interval intensity not miles on interval days

Questions? Contact:

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