

Tour du Rouge 2018 Training Plan



November

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
			1	2	3	4	
			20		20	30	70
5	6	7	8	9	10	11	
30		20	20		20	30	120
12	13	14	15	16	17	18	
30		20	20		20	30	120
19	20	21	22	23	24	25	
30		20	20		20	30	120
26	27	28	29	30	Dec 1	Dec 2	
30		20	20		20	30	120

mi/month = 500

December

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

mi/month = 530

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
Dec 31	1	2	3	4	5	6	
20		20	30		30	40	140
7	8	9	10	11	12	13	
40		20	20		30	40	150
14	15	16	17	18	19	20	
40		20	20		30	40	150
21	22	23	24	25	26	27	
40		20	20		30	40	150
28	29	30	31	Feb 1	Feb 2	Feb 3	
40		20	25		30	50	165

mi/month = 655

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
Jan 28	Jan 29	Jan 30	Jan 31	1	2	3	
40		20	25		30	50	165
4	5	6	7	8	9	10	
50		20	25		30	50	175
11	12	13	14	15	16	17	
50		20	25		30	50	175
18	19	20	21	22	23	24	
50		20	25		30	50	175
25	26	27	28	Mar 1	Mar 2	Mar 3	
50		20	25		30	50	175

mi/month = 700

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
Feb 25	Feb 26	Feb 27	Feb 28	1	2	3	
50		20	25		30	50	175
4	5	6	7	8	9	10	
50		20	25		30	50	175
11	12	13	14	15	16	17	
65		30	35		45	75	250
18	19	20	21	22	23	24	
65		30	35		45	75	250
25	26	27	28	29	30	31	
65		30	35		45	75	250

mi/month = 1005

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
1	2	3	4	5	6	7	
65		30	35		45	75	250
8	9	10	11	12	13	14	
65		30	35		45	75	250
15	16	17	18	19	20	21	
55		20	25		35	65	200
22	23	24	25	26	27	28	
20			20			30	70
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29	30	May 1	May 2	May 3	May 4	May 5	
20							20
	<---	---	Rest	---	---	---	
May 6	May 7	May 8	May 9	May 10	May 11	May 12	
							0

mi/month = 790

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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