

Tour du Rouge 2019 Training Plan



November

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

mi/month = 480

December

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

mi/month = 530

January

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

mi/month = 655

February

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

mi/month = 700

March

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

mi/month = 1005

April

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
Mar 31	1	2	3	4	5	6	
65		30	35		45	75	250
7	8	9	10	11	12	13	
65		30	35		45	75	250
14	15	16	17	18	19	20	
55		20	25		35	65	200
21	22	23	24	25	26	27	
20			20			30	70
<---	---	---	Taper	---	---	---	
28	29	30	May 1	May 2	May 3	May 4	
20							20
	<---	---	Rest	---	---	---	
May 5	May 6	May 7	May 8	May 9	May 10	May 11	
							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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