

Tour du Rouge 2017 Training Plan



November

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
		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		20	20		20	30	120
27	28	29	30				
30		20	20				70

mi/month = 520

December

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		30		100
25	26	27	28	29	30	31	
20		30	20		30		100

mi/month = 490

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
1	2	3	4	5	6	7	
		20	30		30	40	120
8	9	10	11	12	13	14	
40		20	20		30	40	150
15	16	17	18	19	20	21	
40		20	20		30	40	150
22	23	24	25	26	27	28	
40		20	20		30	40	150
29	30	31					
40		20					60

mi/month = 630

February

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
			1	2	3	4	
			25		30	50	105
5	6	7	8	9	10	11	
50		20	25		30	50	175
12	13	14	15	16	17	18	
50		20	25		30	50	175
19	20	21	22	23	24	25	
50		20	25		30	50	175
26	27	28					
50		20					70

mi/month = 700

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat	mi/wk
			1	2	3	4	
			25		30	50	105
5	6	7	8	9	10	11	
50		20	25		30	50	175
12	13	14	15	16	17	18	
65		30	35		45	75	250
19	20	21	22	23	24	25	
65		30	35		45	75	250
26	27	28	29	30	31		
65		30	35		45		175

mi/month = 955

April

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

mi/month = 865

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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