

**Training Schedule**  
**12 WEEKS**  
**100 Mile Goal Distance**

Week of	Purpose	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
WEEK 1	build	Off	18	Off	18	Off	35	Off	70
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 2	build	Off	20	Off	20	Off	39	Off	78
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 3	build	Off	22	Off	22	Off	44	Off	88
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 4	recovery	Off	16	Off	24	Off	40	Off	79
Intensity			tempo		base		base		
Actual mileage:									
Notes:									
WEEK 5	build	Off	22	Off	22	Off	44	Off	89
Intensity			tempo		base		base		
Actual mileage:									
Notes:									
WEEK 6	build	Off	15	Off	35	Off	50	Off	99
Intensity			intervals		base		base		
Actual mileage:									
Notes:									
WEEK 7	build	Off	17	Off	39	Off	56	Off	111
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 8	recovery	Off	15	Off	35	Off	50	Off	100
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 9	build	Off	17	Off	39	Off	56	Off	112
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 10	build	Off	19	Off	44	Off	63	Off	125
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 11	build	Off	21	Off	49	Off	70	Off	140
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 12	taper	Off	7	Off	17	Off	24	Off	48
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									

**GLOSSARY**

- "base miles" Riding aerobically. Mileage for "base" rides is typically higher, but the intensity is lower. You should be able to speak in complete sentences and paragraphs; if not, you're breathing too hard - slow down. Base miles are often underrated, but they provide an essential foundation in training for the "Ride to Cure."
- "tempo" More intense than base miles (and therefore of shorter duration). A ride at "tempo" should involve exertion such that you might speak in a complete sentence, but not complete paragraphs. It's not racing speed, but should be "in a hurry."
- "intervals" A shorter ride of concentrated hard work punctuated by repetitions of harder work. A separate flyer is provided on this site on how to build interval training sessions.