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		
A africal resiliance									
Actual mileage:									
Notes:									
Notes: WEEK 8	recovery	Off	15	Off	35	Off	50	Off	100
Notes: WEEK 8 Intensity	recovery	Off	15 intervals	Off	35 tempo	Off	50 base	Off	100
Notes: WEEK 8 Intensity Actual mileage:	recovery	Off		Off		Off		Off	100
Notes: WEEK 8 Intensity Actual mileage: Notes:		-	intervals		tempo				
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9	recovery	Off	intervals 17	Off		Off	base 56	Off	100
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity		-	intervals		tempo		base		
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage:		-	intervals 17		tempo 39		base 56		
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes:	build	Off	17 intervals	Off	39 tempo	Off	56 base	Off	112
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10		-	17 intervals		39 tempo		56 base		
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10 Intensity	build	Off	17 intervals	Off	39 tempo	Off	56 base	Off	112
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10 Intensity Actual mileage:	build	Off	17 intervals	Off	39 tempo	Off	56 base	Off	112
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10 Intensity Actual mileage: Notes: Notes:	build	Off	17 intervals 19 intervals	Off	39 tempo	Off	56 base 63 base	Off	112
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10 Intensity Actual mileage: Notes: WEEK 10 WEEK 10 Intensity Actual mileage: Notes:	build	Off	17 intervals 19 intervals	Off	39 tempo 44 tempo	Off	56 base 63 base	Off	112
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10 Intensity Actual mileage: Notes: WEEK 11 Intensity	build	Off	17 intervals 19 intervals	Off	39 tempo	Off	56 base 63 base	Off	112
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10 Intensity Actual mileage: Notes: WEEK 11 Intensity Actual mileage:	build	Off	17 intervals 19 intervals	Off	39 tempo 44 tempo	Off	56 base 63 base	Off	112
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10 Intensity Actual mileage: Notes: WEEK 11 Intensity Actual mileage: Notes: WEEK 11 Intensity Actual mileage: Notes:	build build build	Off Off	17 intervals 19 intervals 21 intervals	Off Off	39 tempo 44 tempo 49 tempo	Off Off	56 base 63 base 70 base	Off Off	112 125 140
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10 Intensity Actual mileage: Notes: WEEK 11 Intensity Actual mileage: Notes: WEEK 11 Intensity Actual mileage: Notes: WEEK 12	build	Off	17 intervals 19 intervals 21 intervals	Off	39 tempo 44 tempo 49 tempo	Off	56 base 63 base 70 base	Off	112
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10 Intensity Actual mileage: Notes: WEEK 11 Intensity Actual mileage: Notes: WEEK 12 Intensity	build build build	Off Off	17 intervals 19 intervals 21 intervals	Off Off	39 tempo 44 tempo 49 tempo	Off Off	56 base 63 base 70 base	Off Off	112
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10 Intensity Actual mileage: Notes: WEEK 11 Intensity Actual mileage: Notes: WEEK 12 Intensity Actual mileage:	build build build	Off Off	17 intervals 19 intervals 21 intervals	Off Off	39 tempo 44 tempo 49 tempo	Off Off	56 base 63 base 70 base	Off Off	112
Notes: WEEK 8 Intensity Actual mileage: Notes: WEEK 9 Intensity Actual mileage: Notes: WEEK 10 Intensity Actual mileage: Notes: WEEK 11 Intensity Actual mileage: Notes: WEEK 11 Intensity Actual mileage: Notes: WEEK 12 Intensity	build build build	Off Off	17 intervals 19 intervals 21 intervals	Off Off	39 tempo 44 tempo 49 tempo	Off Off	56 base 63 base 70 base	Off Off	112

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 be 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.