

**Training Schedule**  
**16 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	19	Off	19	Off	39	Off	77
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 3	build	Off	21	Off	21	Off	43	Off	85
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 4	recovery	Off	19	Off	19	Off	38	Off	77
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 5	build	Off	17	Off	25	Off	42	Off	85
Intensity			tempo		base		base		
Actual mileage:									
Notes:									
WEEK 6	build	Off	19	Off	28	Off	47	Off	93
Intensity			tempo		base		base		
Actual mileage:									
Notes:									
WEEK 7	build	Off	15	Off	36	Off	51	Off	103
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 8	recovery	Off	14	Off	32	Off	46	Off	93
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 9	build	Off	15	Off	36	Off	51	Off	102
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 10	build	Off	17	Off	39	Off	56	Off	113
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 11	build	Off	19	Off	43	Off	62	Off	124
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 12	recovery	Off	17	Off	39	Off	56	Off	112
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 13	build	Off	18	Off	43	Off	62	Off	123
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 14	build	Off	20	Off	48	Off	68	Off	136
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 15	build	Off	23	Off	53	Off	75	Off	150
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 16	taper	Off	11	Off	26	Off	38	Off	75
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 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.