

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	25	Off	61
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 2	build	Off	20	Off	20	Off	32	Off	72
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 3	build	Off	22	Off	22	Off	40	Off	84
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 4	recovery	Off	16	Off	24	Off	40	Off	80
Intensity			tempo		base		base		
Actual mileage:									
Notes:									
WEEK 5	build	Off	22	Off	22	Off	44	Off	88
Intensity			tempo		base		base		
Actual mileage:									
Notes:									
WEEK 6	build	Off	15	Off	35	Off	50	Off	100
Intensity			intervals		base		base		
Actual mileage:									
Notes:									
WEEK 7	build	Off	17	Off	39	Off	56	Off	112
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	126
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 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.