

Training Schedule
12 WEEKS
62 Mile Goal Distance

Week of	Purpose	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
WEEK 1	build	Off	13	Off	13	Off	26	Off	52
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 2	build	Off	14	Off	14	Off	29	Off	57
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 3	build	Off	16	Off	16	Off	31	Off	63
Intensity			base		base		base		
Actual mileage:									
Notes:									
WEEK 4	recovery	Off	11	Off	17	Off	28	Off	57
Intensity			tempo		base		base		
Actual mileage:									
Notes:									
WEEK 5	build	Off	16	Off	16	Off	31	Off	62
Intensity			tempo		base		base		
Actual mileage:									
Notes:									
WEEK 6	build	Off	10	Off	24	Off	34	Off	69
Intensity			intervals		base		base		
Actual mileage:									
Notes:									
WEEK 7	build	Off	11	Off	26	Off	38	Off	75
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 8	recovery	Off	10	Off	24	Off	34	Off	68
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 9	build	Off	11	Off	26	Off	37	Off	75
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 10	build	Off	12	Off	29	Off	41	Off	82
Intensity			intervals		tempo		base		
Actual mileage:									
Notes:									
WEEK 11	build	Off	14	Off	32	Off	45	Off	90
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

- 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" Base miles are often underrated, but they provide an essential foundation in training for the "Ride to Cure."
- 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."
- "tempo"
- 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.
- "intervals"