

A Training Guide

The schedule below is a guide for a personal training program. It is a solid program, but we are not suggesting you MUST complete it. The main focus of your preparations should be to hone your cycling skills by riding often. The goal of riding 50 miles in 6 hours or less will prepare you well.

Be ready 6-10 weeks before the start of the tour. Begin cycling to ride 50-60 miles each day, even in hills and 2-3 times a week, increasing the daily mileage until headwinds. As with any physical activity, consult your physician beforehand about your ability to ride long stretches over multiple days. Try working some organized tours into your schedule.

The plan is simple: ride five miles --- then ride two 5 miles during the same ride --then three 5 miles etc, etc, etc. Some folks get on their bikes the week before, ride 10 miles and declare themselves fit. We don't recommend that approach. If you could take the time to ride at least 350 miles before, you would be in excellent shape to ride each day and dance each night. If you bicycle regularly in the three months before, you'll have a ball, and be in the best shape of your life!

These will help you meet people and take you to some wonderful places. Also, consider joining your local bicycling club*. Again, you'll meet great people who can help you train and give tips on touring. During the early weeks, pay special attention to maintaining a consistent pace, increasing it until a steady cadence of 80 revolutions per minute is sustained. It is especially important for you to train on a variety of terrain including HILLS!

Remember, we want you to have fun. After all, it's an adventure!

Training Schedule

** = Hills & Headwinds

R = Rest

W = Walk

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9
Sunday	5	5	10	15	20	30	40	50**	50**
Monday	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2
Tuesday	5	7.5	10	15	20	20**	20**	20**	20**
Wednesday	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2
Thursday	5	7.5	10	20	20	20	20**	20**	20**
Friday	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2	R or W2
Saturday	10	15	20	25	30	40**	50	50**	