

DMCC RAGBRAI® Training Plan

<u>Week of</u>	<u>Weekday 1</u>	<u>Weekday 2</u>	<u>Saturday</u>	<u>Sunday</u>	<u>Total Miles</u>
May 4, 2008	10 Miles	10 Miles	20 Miles	30 Miles	70 Miles
Actual Ridden					
May 11, 2008	10 Miles	10 Miles	25 Miles	35 Miles	80 Miles
Actual Ridden					
May 18, 2008	15 miles	15 Miles	25 Miles	35 Miles	90 Miles
Actual Ridden					
May 25, 2008	20 Miles	20 Miles	25 Miles	40 Miles	105 Miles
Actual Ridden					
June 1, 2008	10 Miles	10 Miles	25 Miles	35 Miles	80 Miles
Actual Ridden					
June 8, 2008	20 Miles	20 Miles	25 Miles	35 Miles	100 Miles
Actual Ridden					
June 15, 2008	20 Miles	20 Miles	25 Miles	45 Miles	110 Miles
Actual Ridden					
June 22, 2008	20 Miles	25 Miles	25 Miles	50 Miles	120 Miles
Actual Ridden					
June 29, 2008	25 Miles	25 Miles	30 Miles	55 Miles	135 Miles
Actual Ridden					
July 6, 2008	25 Miles	25 Miles	30 Miles	70 Miles	150 Miles
Actual Ridden					
July 13, 2008	15 miles Recovery week before RAGBRAI® begins	25 Miles	Travel Day Get on bike and ride to make sure it's in good working order upon arrival	Begin RAGBRAI® !	40 Miles
Actual Ridden					
July 20, 2008	RAGBRAI® ! Enjoy it now that you have prepared properly!				