



Tour Du Rouge Training Plan

	November	December	January	February	March	April	May
Week 1	120	100	20	175	175	100	TDR
Week 2	120	120	150	175	175	250	
Week 3	120	120	150	175	250	250	
Week 4	120	100	150	175	250	200	
Week 5	20	100	150	-	150	60	
Week 6			-				
Total Monthly Miles	500	540	620	700	1000	860	529

Notes:

1. Include as many back to back 60+ mile days as possible during a week
2. Midweek rides 20-40 miles each
3. Recommended week for March / April:
 Mon = 0, Tue = 30, Wed = 35, Thu = 0, Fri = 45, Sat = 75, Sun = 65
4. More miles are better.
5. Minimum Average Speed = 15 mph
6. Substitute Intervals for mid week rides to build speed. Work interval intensity not miles on interval days