

Recommended Training Schedule

April 4 thru April 25 - Dust off the legs on rides varying from 10 - 25 miles.

Date	Distance	Difficulty
5-2	30 miles	Easy
5-9	35 miles	Easy
5-16	40 miles	Easy
5-23	45 miles	Medium
5-30 / 31	40 / 30 miles	Medium / Easy
6-6 / 7	45 / 30 miles	Medium / Medium
6-13	50 miles	Medium
6-20 / 21	50 / 40 miles	Hard / Easy
6-27	60 miles	Medium
7-4	65 miles	Medium
7-11 / 12	60 / 50 miles	Hard / Medium
7-18 / 19	60 / 60 miles	Hard / Hard
7-25	75 miles	Medium
8-1 / 2	75 / 50 miles	Hard / Medium
8-8 / 9	75 / 75 miles	Hard / Medium
8-15	You Pick	
8-22	You Pick	
8-29	100 mile training ride	
9-5	Sourland 18 (approx. 75 miles)	Hard
9-12 / 13	THE BIG WEEKEND - 100 + 100	

This is intended to just be a guideline of suggested ride lengths in order to build-up strength for the big event.

It is suggested that you attempt to ride 1 to 2 times a week in addition to the regular Saturday rides.