

	Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
short day	1 day/week	6	7	7	8	9	10	11	12	13	14	16	17	19	21	23	25
norm day	3 days/week	9	10	11	12	13	14	16	18	19	21	23	26	28	31	34	38
long day	1 day/week	18	20	22	24	26	29	32	35	39	42	47	51	56	62	68	75
	weekly totals	51	56.1	61.7	67.9	74.7	82.1	90.3	99.4	109	120	132	146	160	176	194	213

Train by the week. From your starting point add 10% for the following week. The above table can be used and you may jump in and out of this table at any point. When you establish a target ride, find the longest day and multiply by .75 or 75%. This establishes the final week of training.

Example 1: WOMBAT lasts for one full week and the longest day is 52 miles, you will need to train to week 9 ($52 \times .75 = 39$). You're not in bad shape, so your during your first week, one day you ride 15 miles in the morning and 10 miles in the evening totalling 25. Your first week of training above is week 5. You will train a total of 5 weeks. (weeks 5 - 9)

Example 2: This example is a suggested training week, weather permitting. Let's enter in week 5. Wednesday, Thursday, and Friday you will ride 13 miles each. Saturday you will ride 26 miles, and Sunday evening you will enjoy a short and easy paced 9 miles. This gives you Monday and Tuesday off, then Wednesday you will begin week 6. I particularly enjoy the short day following the long day so my legs loosen up after the long day.

Be aware that you can break your rides up, and it is recommended to do so, especially on the long day.

