



# BANNER - UNIVERSITY MEDICINE EL TOUR DE TUCSON

## TRAINING SCHEDULE 102 MILE EVENT

WEEK/DAY	REST DAY	RIDE DAY 1	REST DAY	RIDE DAY 2	REST DAY	RIDE DAY 3	REST DAY	WEEK TOTALS
WEEK 1	REST DAY	RIDE 5 MILES (1/2 HOUR)	REST DAY	RIDE 5 MILES (1/2 HOUR)	REST DAY	RIDE 10 MILES (1 HOUR)	REST DAY	20 MILES (2 HOURS)
WEEK 2	REST DAY	RIDE 10 MILES (1 HOUR)	REST DAY	RIDE 10 MILES (1 HOUR)	REST DAY	RIDE 10 MILES (1 HOUR)	REST DAY	30 MILES (3 HOURS)
WEEK 3	REST DAY	RIDE 10 MILES (1 HOUR)	REST DAY	RIDE 10 MILES (1 HOUR)	REST DAY	RIDE 15 MILES (1 1/2 HOURS)	REST DAY	35 MILES (3 1/2 HOURS)
WEEK 4	REST DAY	RIDE 10 MILES (1 HOUR)	REST DAY	RIDE 15 MILES (1.5 HOURS)	REST DAY	RIDE 15 MILES (1.5 HOURS)	REST DAY	40 MILES (4 HOURS)
WEEK 5	REST DAY	RIDE 15 MILES (1.5 HOURS)	REST DAY	RIDE 15 MILES (1.5 HOURS)	REST DAY	RIDE 20 MILES (2 HOURS)	REST DAY	50 MILES (5 HOURS)
WEEK 6	REST DAY	RIDE 15 MILES (1.5 HOURS)	REST DAY	RIDE 15 MILES (1.5 HOURS)	REST DAY	RIDE 30 MILES (2 HOURS)	REST DAY	60 MILES (5 HOURS)
WEEK 7	REST DAY	RIDE 15 MILES (1.25 HOURS)	REST DAY	RIDE 15 MILES (1.25 HOURS)	REST DAY	RIDE 35 MILES (2.5 HOURS)	REST DAY	65 MILES (5 HOURS)
WEEK 8	REST DAY	RIDE 15 MILES (1.25 HOURS)	REST DAY	RIDE 15 MILES (1.25 HOURS)	REST DAY	RIDE 40 MILES (3 HOURS)	REST DAY	70 MILES (5.5 HOURS)
WEEK 9	REST DAY	RIDE 15 MILES (1.25 HOURS)	REST DAY	RIDE 15 MILES (1.25 HOURS)	REST DAY	RIDE 50 MILES (4 HOURS)	REST DAY	80 MILES (6.5 HOURS)
WEEK 10	REST DAY	RIDE 20 MILES (1.5 HOURS)	REST DAY	RIDE 20 MILES (1.5 HOURS)	REST DAY	RIDE 60 MILES (4 HOURS)	REST DAY	100 MILES (7 HOURS)
WEEK 11	REST DAY	RIDE 20 MILES (1.5 HOURS)	REST DAY	RIDE 10 MILES (1 HOUR)	REST DAY	RIDE 70 MILES (5 HOURS)	REST DAY	105 MILES (7.5 HOURS)
WEEK 12	REST DAY	RIDE 20 MILES (1.5 HOURS)	REST DAY	RIDE 15 MILES (1 HOUR)	REST DAY	RIDE 75 MILES (6 HOURS)	REST DAY	110 MILES (8.5 HOURS)
WEEK 13	REST DAY	RIDE 15 MILES (1.25 HOURS)	REST DAY	RIDE 10 MILES (1 HOUR)	REST DAY	RIDE 85 MILES (6 HOURS)	REST DAY	100 MILES (8.25 HOURS)
WEEK 14	REST DAY	RIDE 15 MILES (1.25 HOURS)	REST DAY	RIDE 10 MILES (1 HOUR)	REST DAY	RIDE 50 MILES (4 HOURS)	REST DAY	75 MILES (6.25 HOURS)
WEEK 15	REST DAY	RIDE 15 MILES (1.25 HOURS)	REST DAY	RIDE 15 MILES (1.25 HOURS)	REST DAY	RIDE 20 MILES (1.5 HOURS)	REST DAY	50 MILES (4.5 HOURS)
WEEK 16	REST DAY	RIDE 5 MILES (1/2 HOUR)	REST DAY	RIDE 5 MILES (1/2 HOUR)	REST DAY	RIDE 102 MILES (EL TOUR DAY!)	CONGRATS!	112 MILES

Pick your weekday ride days of the week that fit your schedule. Two short days of riding with a weekly longer ride. (Example: Tuesday & Thursday short rides and Saturday long ride)