



BANNER - UNIVERSITY MEDICINE

EL TOUR DE TUCSON

TRAINING SCHEDULE 100 KM/62 MILE EVENT

WEEK/DAY	REST DAY	RIDE DAY 1	REST DAY	RIDE DAY 2	REST DAY	WEEKDAY 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 HOUR)	REST DAY	RIDE 15 MILES (1.5 HOUR)	REST DAY	RIDE 20 MILES (2 HOURS)	REST DAY	50 MILES (5 HOURS)
WEEK 6	REST DAY	RIDE 15 MILES (1.5 HOUR)	REST DAY	RIDE 15 MILES (1.5 HOUR)	REST DAY	RIDE 25 MILES (2 HOURS)	REST DAY	55 MILES (5 HOURS)
WEEK 7	REST DAY	RIDE 15 MILES (1.25 HOUR)	REST DAY	RIDE 15 MILES (1.25 HOUR)	REST DAY	RIDE 30 MILES (2.5 HOURS)	REST DAY	60 MILES (5 HOURS)
WEEK 8	REST DAY	RIDE 15 MILES (1.25 HOUR)	REST DAY	RIDE 15 MILES (1.25 HOUR)	REST DAY	RIDE 40 MILES (3 HOURS)	REST DAY	70 MILES (5.5 HOURS)
WEEK 9	REST DAY	RIDE 15 MILES (1.25 HOUR)	REST DAY	RIDE 15 MILES (1.25 HOUR)	REST DAY	RIDE 50 MILES (4 HOURS)	REST DAY	80 MILES (7 HOURS)
WEEK 10	REST DAY	RIDE 5 MILES (1/2 HOUR)	REST DAY	RIDE 5 MILES (1/2 HOUR)	REST DAY	RIDE 62 MILES (EL TOUR DAY!)	CONGRATS!	72 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)