



Sample Training Plan for 2013

25 Mile Route

8 Weeks to 25 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
2/25-3/3	Rest	20 min steady	Rest	20 min steady	Rest	Cx Train 10 min	Training Ride Mandeville 8 miles
3/4-3/10	Rest	25 min steady	Rest	25 min steady	Rest	Cx Train 10 min	Training Ride MS River Levee 10 miles
3/11-3/17	Rest	30 min steady	Rest	30 min steady	Rest	Cx Train 15 min	No Scheduled Training Ride St. Patrick's Day 12 miles steady
3/18-3/24	Rest	20 min easy	Rest	20 min easy	Rest	Training Ride Northshore 14 miles on the Trace from the Caboose	Leisure Activity (golf, jog, swim, etc)
3/25-3/31	Rest	20 min hard	Rest	20 min hard	Rest	Cx Train 20 min	Easter Sunday 16 miles steady
4/1-4/7	Rest	25 min hard	Rest	25 min hard	Rest	Cx Train 20 min	Training Ride MS River Levee 18 miles from "The Fly"
4/8-4/14	Rest	30 min hard	Rest	30 min hard	Rest	Cx Train 25 min	Training Ride Northshore 22 miles on the Trace from the Caboose
4/15-4/21	Rest	20 min easy	Rest	20 min easy	Rest	TOUR DE CURE 25 miles	

Training Ride Schedule: *The following training rides and distances will be supported by ADA. You can choose to do additional mileage on your own.*

Sunday, Feb 17, 2013	MS River Levee	Start at Jefferson Playground	<i>Optional</i>
Sunday, Feb 24, 2013	MS River Levee	Start at Jefferson Playground	<i>Optional</i>
Sunday, Mar 3, 2013	Northshore Tammany Trace	Start at The Bike Path	8 miles on the Trace
Sunday, Mar 10, 2013	MS River Levee	Start at Jefferson Playground	10 miles on the levee
Saturday, Mar 23, 2013	Northshore Tammany Trace	Start at "The Caboose" on Koop Drive	14 miles on the Trace
Sunday, Apr 7, 2013	MS River Levee	Start at Jefferson Playground	18 miles on the levee
Sunday, Apr 14, 2013	Northshore Tammany Trace	Start at "The Caboose" on Koop Drive	22 miles on the Trace



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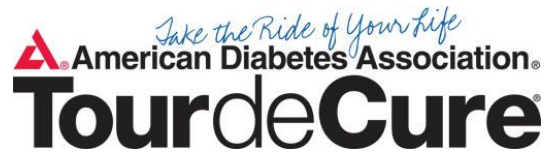
50 Mile Route

10 Weeks to 50 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
2/11-2/17	Rest	20 min steady	Rest	20 min steady	Rest	Cx Train 10 min	Training Ride MS River Levee 10 miles
2/18-2/27	Rest	25 min steady	Rest	25 min steady	Rest	Cx Train 10 min	Training Ride MS River Levee 12 miles
2/25-3/3	Rest	30 min steady	Rest	30 min steady	Rest	Cx Train 15 min	Training Ride Mandeville 15 miles
3/4-3/10	Rest	35 min steady	Rest	35 min steady	Rest	Cx Train 15 min	Training Ride MS River Levee 18 miles
3/11-3/17	Rest	20 min easy	Rest	20 min easy	Rest	Cx Train 20 min	22 miles steady
3/18-3/24	Rest	20 min hard	Rest	20 min hard	Rest	Training Ride Northshore 26 miles on the Trace from the Caboose	Leisure Activity (golf, jog, swim, etc)
3/25-3/31	Rest	25 min hard	Rest	25 min hard	Rest	Cx Train 25 min	32 miles steady
4/1-4/7	Rest	30 min hard	Rest	30 min hard	Rest	Cx Train 25 min	Training Ride MS River Levee 40 miles from "The Fly"
4/8-4/14	Rest	20 min easy	Rest	20 min easy	Rest	Cx Train 25 min	Training Ride Northshore 45 miles on the Trace from the Caboose
4/15-4/21	Rest	35 min hard	Rest	35 min hard	Rest	TOUR DE CURE 50 miles	

Training Ride Schedule: *The following training rides and distances will be supported by ADA. You can choose to do additional mileage on your own.*

Sunday, Feb 17, 2013	MS River Levee	Start at Jefferson Playground	10 miles on the levee
Sunday, Feb 24, 2013	MS River Levee	Start at Jefferson Playground	12 miles on the levee
Sunday, Mar 3, 2013	Northshore Tammany Trace	Start at The Bike Path	15 miles on the Trace
Sunday, Mar 10, 2013	MS River Levee	Start at Jefferson Playground	18 miles on the levee
Saturday, Mar 23, 2013	Northshore Tammany Trace	Start at "The Caboose" on Koop Drive	26 miles on the Trace
Sunday, Apr 7, 2013	MS River Levee	Start at Jefferson Playground	40 miles on the levee
Sunday, Apr 14, 2013	Northshore Tammany Trace	Start at "The Caboose" on Koop Drive	45 miles on the Trace



Sample Training Plan for 2013

100 Mile Route

12 Weeks to 100 Miles

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1/28-2/3	Rest		Rest		Rest	Cx Train 10 min	
2/4-2/10	Rest		Rest		Rest	Cx Train 10 min	
2/11-2/17	Rest	20 min steady	Rest	20 min steady	Rest	Cx Train 10 min	Training Ride MS River Levee 10 miles
2/18-2/27	Rest	25 min steady	Rest	25 min steady	Rest	Cx Train 10 min	Training Ride MS River Levee 12 miles
2/25-3/3	Rest	20 min steady	Rest	20 min steady	Rest	Cx Train 10 min	Training Ride Mandeville 15 miles
3/4-3/10	Rest	25 min steady	Rest	25 min steady	Rest	Cx Train 10 min	Training Ride MS River Levee 18 miles
3/11-3/17	Rest	30 min steady	Rest	30 min steady	Rest	Cx Train 15 min	22 miles steady
3/18-3/24	Rest	20 min easy	Rest	20 min easy	Rest	Training Ride Northshore 26 miles on the Trace from the Caboose	Leisure Activity (golf, jog, swim, etc)
3/25-3/31	Rest	20 min hard	Rest	20 min hard	Rest	Cx Train 20 min	32 miles steady
4/1-4/7	Rest	25 min hard	Rest	25 min hard	Rest	Cx Train 20 min	Training Ride MS River Levee 40 miles from "The Fly"
4/8-4/14	Rest	30 min hard	Rest	30 min hard	Rest	Cx Train 25 min	Training Ride Northshore 45 miles on the Trace from the Caboose
4/15-4/21	Rest	20 min easy	Rest	20 min easy	Rest	TOUR DE CURE 25 miles	

Training Ride Schedule: *The following training rides and distances will be supported by ADA. You can choose to do additional mileage on your own.*

Sunday, Feb 17, 2013	MS River Levee	Start at Jefferson Playground	10 miles on the levee
Sunday, Feb 24, 2013	MS River Levee	Start at Jefferson Playground	12 miles on the levee
Sunday, Mar 3, 2013	Northshore Tammany Trace	Start at The Bike Path	15 miles on the Trace
Sunday, Mar 10, 2013	MS River Levee	Start at Jefferson Playground	18 miles on the levee
Saturday, Mar 23, 2013	Northshore Tammany Trace	Start at "The Caboose" on Koop Drive	26 miles on the Trace
Sunday, Apr 7, 2013	MS River Levee	Start at Jefferson Playground	40 miles on the levee
Sunday, Apr 14, 2013	Northshore Tammany Trace	Start at "The Caboose" on Koop Drive	45 miles on the Trace