

## WELCOME TO THE ENDS OF THE EARTH CYCLING 10-WEEK TRAINING PLAN

The following training plans are designed to help you accomplish and enjoy our long-distance, multi-day tours.

The plan starts 10 weeks before the Ends Cycling tour with three days of low mileage rides to wake your body up. During the first few weeks, you may want to have a rest day between rides to allow your body to recover and strengthen. Then, each week, the workload gradually increases as you build endurance and strength. Starting in week 5, you should consider riding multiple days in a row, building up to riding 4 days in a row. On weeks 7-10, arrange your training schedule so you ride the day after your long ride. As you train, the number of multi-day rides is equally important to the mileage.

Contact us at [endscycling@newinternational.org](mailto:endscycling@newinternational.org) if you have questions.

### BEGINNER TRAINING PLAN

Rider can ride 20 miles comfortably (12 miles per hour)

Week	Total Miles Per Week	Long Ride of the Week
01	55	25
02	65	30
03	85	35
04	95	40
05	115	45 – start back-to-back days
06	125	50
07	145	60 – start riding after long day
08	150	65
09	160	70
10	100	50

### INTERMEDIATE TRAINING PLAN

Rider can ride 20 miles (16 miles per hour)

Week	Total Miles Per Week	Long Ride of the Week	Regular Day
01	60	25	12-15 miles
02	70	30	15-17 miles
03	90	35	17-20 miles
04	100	40	20-23 miles
05	120	45 – start back-to-back days	23-26 miles
06	130	50	27-30 miles
07	150	60 – ride after long day	30-33 miles
08	160	65	33-36 miles
09	175	70	35-40 miles
10	100	50	15-25 miles

### ADVANCED TRAINING PLAN

Rider can ride 30 miles easily (19+ miles per hour)

Week	Total Miles Per Week	Long Ride of the Week	Regular Day
01	65	35	15-20 miles
02	75	40	15-20 miles
03	95	45	20-25 miles
04	105	50	20-25 miles
05	125	55 – start back-to-back days	25-35 miles
06	135	60	25-35 miles
07	155	65 – ride after long day	30-40 miles
08	160	70	30-40 miles
09	180	75	40-50 miles
10	100	50	15-25 miles