

## Training for the Ride Across Indiana (RAIN)

To meet your RAIN goal, follow either of the training schedules provided. The first is geared towards beginners who wish to complete 100 miles. The second is more strenuous and is geared toward veteran riders wishing to improve their ride time.

### Beginner Training Schedule

WEEK	Monday (Easy)	Tuesday (Pace)	Wednesday	Thursday (Brisk)	Friday (Pace)	Sat or Sun (Pace)
1	10 mi	12 mi	OFF	14 mi	12 mi	20 mi
2	10 mi	13 mi	OFF	15 mi	13 mi	25 mi
3	10 mi	15 mi	OFF	17 mi	15 mi	30 mi
4	11 mi	16 mi	OFF	19 mi	16 mi	35 mi
5	12 mi	18 mi	OFF	20 mi	18 mi	35 mi
6	13 mi	19 mi	OFF	23 mi	19 mi	40 mi
7	14 mi	20 mi	OFF	25 mi	20 mi	40 mi
8	16 mi	20 mi	OFF	27 mi	20 mi	55 mi
9	17 mi	20 mi	OFF	30 mi	30 mi	65 mi
10	19 mi	20 mi	OFF	30 mi	10 mi	100 mi

### Advanced Training Schedule

WEEK	Monday (Easy)	Tuesday (Pace)	Wednesday (Brisk)	Thursday	Friday (Pace)	Saturday (Pace)	Sunday (Pace)
1	10 mi	12 mi	14 mi	OFF	12 mi	40 mi	15 mi
2	10 mi	13 mi	15 mi	OFF	13 mi	44 mi	15 mi
3	10 mi	15 mi	17 mi	OFF	15 mi	48	18 mi
4	11 mi	16 mi	19 mi	OFF	16 mi	53 mi	20 mi
5	12 mi	18 mi	20 mi	OFF	18 mi	59 mi	22 mi
6	13 mi	19 mi	23 mi	OFF	19 mi	64 mi	24 mi
7	14 mi	20 mi	25 mi	OFF	20 mi	71 mi	27 mi
8	16 mi	20 mi	27 mi	OFF	20 mi	75 mi	29 mi
9	17 mi	20 mi	30 mi	OFF	20 mi	75 mi	32 mi
10	19 mi	20 mi	30 mi	OFF	10 mi	5 mi	100 mi

## TRAINING TIPS

- When training, tackle wind and hills. You'll likely encounter both on your century, so be prepared.
- Take the Century ride in segments. Don't think of it as a 100-mile ride. Just do the distance from one rest stop to the next. Before you know it, you've done 100 miles.
- Take a break if you get tired. Even a short break of five minutes will revitalize you.
- Be sure your bike is the correct size. This includes the correct leg extension and posture. Keep your back straight and at a 45-degree angle. It's easy to ride a bike for an hour but you need one that fits to ride 100 miles.
- There's no alternative to training. You must have experience the wind, heat, cold, rain, steep grades and thirst.