

### 12-Week Plateau to Percy Bike Training Guide

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Total Weekly Mileage Goal
<b>Week 1: July 11</b>	15 miles		8 miles		18 miles			41 miles
<b>Week 2: July 18</b>	22 miles			20 miles		25 miles		67 miles
<b>Week 3: July 25</b>		28 miles		25 miles		32 miles		85 miles
<b>Week 4: August 1</b>	35 miles		32 miles		38 miles			105 miles
<b>Week 5: August 8</b>	41 miles			35 miles		45 miles		121 miles
<b>Week 6: August 15</b>		48 miles		42 miles		50 miles		140 miles
<b>Week 7: August 22</b>		54 miles		48 miles		55 miles		157 miles
<b>Week 8: August 29</b>	60 miles		50miles		53 miles			163 miles
<b>Week 9: September 5</b>	68 miles			55 miles		58 miles		181 miles
<b>Week 10: September 12</b>	75 miles	60 miles		50 miles			55 miles	240 miles
<b>Week 11: September 19</b>	65 miles		55 miles		50 miles			170 miles
<b>Week 12: September 26</b>	58 miles		25 miles			<b>Plateau to Percy Begins!</b>		83 miles (before Oct.1)

## General Info:

This is by no means meant to be a strict schedule to follow. This is merely designed to serve as a guide to help you prepare to ride the four consecutive mileage days on the Plateau to Percy Bike Tour.

## Recommended Routes:

We have Nashville-specific routes designed on our [Walk Bike Nashville Ride with GPS Account](#). The most beneficial rides for Plateau to Percy Training will be our **Tour Trainers** routes. Some suggested routes are linked below. You can slightly adjust these based on your location and to accomplish the desired mileage for a particular day:

[Suggested 16-mile route](#)

[Suggested 22-mile route](#)

[Suggested 30-mile route](#)

[Suggested 42-mile route](#)

[Suggested 53-mile route](#)

[Suggested 63-mile route](#)

[Suggested 72-mile route](#)

## Group Training Rides:

If you all are interested, Alvin Haney, one of our guides for Plateau to Percy and a leader in [The Domestiques Cycling Club](#) has graciously volunteered to arrange some group rides before the tour begins! This will help both in the training process, but also in building a group culture before the tour begins. These pre-planned group rides are optional and will begin the first week of August. AJ will be in touch with more details in the coming weeks.

## Tips for Long Rides:

- Bring your ID, Cash/Credit Card
- Bring extra tubes and tire levers to change a flat tire; also bring a multi-tools for additional on-the-road repairs
- Make sure your bike is functioning properly before you ride! Check out our [ABC Quick Check video](#)
- Bring plenty of water
- Bring snacks
- Let someone know your route and ride with a friend if you can!
- Wear weather-appropriate bicycle clothing