

## Training for RAGBRAI 2007

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Okay I am up to 2 beers a week and a glass of wine a day. O'yes I ride the bike at least 2 miles a day.

Apart from my normal RAGBRAI training which included uhm! NOTHING! Next week I will be joining the local Bicycle Post Ride on Thursday evenings and get another 20-25 miles a week and starting a spinning class (solo) for another 30 miles a week. Hopefully, this will make around 50-70 miles a week on the bike by the end of the month. I will let you if the training plan works.

Later