

Deloitte RAB 2019



Training Milestones

Please note that this information was taken from the Deloitte RAB training plans and should be adhered to by everyone, regardless of whether or not you are following the official training plan.

January (up to the end of)

A total of 500 miles or 50 hours in the saddle in training

February

100-mile ride on flat terrain (within 10 hours including stops)

March

100-mile ride on hilly terrain >6,000ft (within 10 hours including stops)

April

Back to back 100-mile rides on flat terrain (within 10 hours including stops each day)

May

Back to back 100-mile rides on hilly terrain >6,000ft per day (within 10 hours including stops each day)

Why not take on Dulux London Revolution?

June

120-mile ride on flat terrain within 12 hours (within 12 hours including stops each day)

July

120-mile ride on hilly terrain within 12 hours >8,000ft climb (within 12 hours including stops each day)

Aug

120-mile ride on hilly terrain within 12 hours in bad weather >8,000ft climb (within 12 hours including stops each day)