

## Preparation for the MS-150 Bike Tour

### PROGRAM #1

*Ride to Survive*

use this program if your time is limited & only doing the day #1 50 mile and survive the Tour!

	easy	pace	Brisk/spin	Off	pace	pace	pace	
Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Mi.
7/04 - 7/10	5	10	10/S	Off	10	20	8	53
7/11 - 7/17	5	10	10/S	Off	10	20	8	53
7/18 - 7/24	6	10	10/S	Off	10	25	8	59
7/25 - 7/31	6	10	12/S	Off	10	30	9	77
8/01 - 8/07	7	11	13/S	Off	11	34	10	86
8/08 - 8/14	8	13	15/S	Off	13	38	11	98
8/15 - 8/21	8	14	17/S	Off	14	42	13	108
8/22 - 8/28	9	15	19/S+	Off	15	47	14	119
8/29 - 9/04	11	15	21/S+	Off	15	53	16	131
9/05 - 9/11	12	15	24/S+	Off	15	59	18	143
9/12 - 9/18	13	15	25/S+	Off	15	65	20	153
9/19 - 9/25	15	15	25/S+	Off	15	65	20	155
9/26 - 10/2	15	15	25/S+	Off	15	70	20	160
Event Week	15	15	25	Off	5 easy	MS-150 Day 1	MS-150 Day 2	170

### PROGRAM #2

*Ride to Thrive!*

use this program to ride the day #1 100 mile & finish the tour with a vengeance

	easy	pace	Brisk/spin	Off	pace	pace	pace	
Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total Mi
7/04 - 7/10	10	11	13/S	Off	11	30	10	85
7/11 - 7/17	10	11	13/S	Off	11	35	10	90
7/18 - 7/24	10	12	14/S	Off	12	40	15	103
7/25 - 7/31	10	13	15/S	Off	13	44	17	112
8/01 - 8/07	10	15	15/S	Off	15	48	18	123
8/08 - 8/14	11	16	19/S	Off	16	53	20	135
8/15 - 8/21	12	18	20/S+	Off	18	59	22	149
8/22 - 8/28	13	19	23/S+	Off	19	64	24	162
8/29 - 9/04	14	20	25/S+	Off	20	71	27	177
9/05 - 9/11	16	20	27/S+	Off	20	75	27	177
9/12 - 9/18	17	20	30/S+	Off	20	75	32	194
9/19 - 9/25	19	20	30/S+	Off	20	80	32	201
9/26 - 10/2	19	20	30/S+	Off	20	80	32	201
Event Week	19	20	30	Off	5 easy	MS 150 Day #1	MS-150 Day #2	219

#### Notes:

Please use this training program as a guide to set up your ride schedule. You may modify this program to fit your own personal schedule. Ensure that you maintain the weekly total mileage on the right side of the chart, and you don't exceed over 15% increase from adjacent weeks.

On the Wednesday week, you can either ride the mileage indicated, or take a spin class as indicated by the "S".

The "S+" indicates multiple spin classes you can take (ie. 6:00pm & 7:15pm).

The gray band area indicates where you can begin this program (if you don't have a training base). Riders with a solid base can either use this program along with their current training program, or simply utilize your own established training plan.

OH, and the #1 rule . . . ride safe & HAVE FUN !!!!!!!!!!!!!!!!!!!!!!!