

This is an outline for those individuals with who need a training structure to prepare for the MS 150. The focus of this training is to make the experience a positive one and is not intended for competitive readiness..

From the date of this writing – there are twelve weeks until the ride.

Novice Riders: Never really experienced an organized ride and this is the longest event undertaken. Please utilize this as a guide to preparation, you have the ability to adjust based on your daily responsibilities. (If riding 45 min is not feasible – you may substitute with a run/walk of 20-30 min)

Weeks: 1-4 (May 15, May 22, May 29, June 5) Focus: Build aerobic base

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Ride 45 min	Rest	Ride 45 min	rest	Rest	Ride 90 min

Weeks: 5-8 (June 12, June 19, June 26, July 3) Focus: Build more cycling strength/endurance in the saddle

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Ride 60 min	rest	Ride 60 min	rest	Rest	Ride 120 min

Weeks: 9 – 11 (July 10, July 17, July 24) Focus: Continue to build on base developed Wks: 1-8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Ride 60 min	Rest	Ride 60 min	Rest	Ride 60 min	Ride 120 min

Week 12 (July 31) Week of the event.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	Ride 45 min	Rest	Ride 45 min	Rest	Ride 75 mi.	Ride 75 mi

August 7, 2006 – rest, have a beer/glass of wine and know that you have just rode 150 miles.

Have a great ride.