

MS 150 Training Schedule 2009

	Ride Group #1				Ride Group #2				
BASE PHASE	Date	Workout	Total Miles	NOTES	Workout	Total Miles	NOTES	Scheduled Rides	
		Goal Ride Three Days & Build Cardiovascular Base							
Week 1					January 25 2009				
	1/26	Bike - 10 miles			Bike - 15 miles			Frost Bike	
	1/27	Run/Walk - 30 min			Run/Walk - 30 min				
	1/28	Bike 15 miles			Bike - 20 miles				
	1/29	Run/Walk - 30 min			Run/Walk - 30 min				
	1/30	Off			Off				
	1/31	Bike 25 miles			Bike 40 miles			Bike Through the Forest	
	2/1	Off			Off			Ride the Rescue	
Week 2									
	2/2	Bike - 10 miles			Bike - 15 miles				
	2/3	Run/Walk - 30 min			Run/Walk - 30 min				
	2/4	Bike 15 miles			Bike - 20 miles				
	2/5	Run/Walk - 30 min			Run/Walk - 30 min				
	2/6	Off			Off				
	2/7	Bike 25 miles			Bike 40 miles			Puddle for the Ducks	
	2/8	Off			Off				
Week 3									
	2/9	Bike - 10 miles			Bike - 15 miles				
	2/10	Run/Walk - 30 min			Run/Walk - 30 min				
	2/11	Bike 20 miles			Bike - 20 miles				
	2/12	Run/Walk - 30 min			Run/Walk - 30 min				
	2/13	Off			Off				
	2/14	Bike 30 miles			Bike 40 miles			Pedaling the Prairie	
	2/15	Off			Off				
Week 4									
	2/16	Bike - 10 miles			Bike - 20 miles				
	2/17	Run/Walk - 30 min			Run/Walk - 30 min				
	2/18	Bike 20 miles			Bike - 20 miles				
	2/19	Run/Walk - 30 min			Run/Walk - 30 min				
	2/20	Off			Off				
	2/21	Bike 30 miles			Bike 40 miles			Humble Lions Ride	
	2/22	Off			Off			Tri-County Hill Hopper	
Phase 2									
		Goal Ride Three Days & Increase Distance							
Week 5									
	2/23	Off			Off				
	2/24	Run/Walk - 30 min			Run/Walk - 30 min				
	2/25	Bike - 10 miles			Bike - 20 miles				
	2/26	Run/Walk - 30 min			Run/Walk - 30 min				
	2/27	Off			Off				
	2/28	40 miles			Bike 50 miles			Bulldog Bike Ride	
	3/1	20 miles			Bike 40 miles			Sun & Ski Sports	
Week 6									
	3/2	Off			Off				
	3/3	Run/Walk - 30 min			Run/Walk - 30 min				
	3/4	Bike - 10 miles			Bike - 20 miles				
	3/5	Run/Walk - 30 min			Run/Walk - 30 min				
	3/6	Off			Off				
	3/7	40 miles			Bike 60 miles			Gator Ride - Pedal thru the Pines Bastrop	
	3/8	20 miles			Bike 40 miles			Continental Classic	
Week 7									
	3/9	Off			Off				
	3/10	Run/Walk - 30 min			Run/Walk - 30 min				
	3/11	Bike - 10 miles			Bike - 20 miles				
	3/12	Run/Walk - 30 min			Run/Walk - 30 min				
	3/13	Off			Off				
	3/14	45 miles			Bike 65 miles			Magnolia Miles, Spokes n' Spurs Austin	
	3/15	20 miles			Bike 40 miles			Great Escape	
Week 8									
	3/16	Off			Off				
	3/17	Run/Walk - 30 min			Run/Walk - 30 min				
	3/18	Bike - 20 miles			Bike - 25 miles				
	3/19	Run/Walk - 30 min			Run/Walk - 30 min				
	3/20	Off			Off				
	3/21	40 miles			Bike 40 miles			NEW BRAUNFELS	
	3/22	50-60 miles			Bike 70 miles			Tour de Houston	
Week 9									
	3/23	Off			Off				
	3/24	Run/Walk - 30 min			Run/Walk - 30 min				
	3/25	Bike - 20 miles			Bike - 30 miles				
	3/26	Run/Walk - 30 min			Run/Walk - 30 min				
	3/27	Off			Off				
	3/28	50-60 miles			Bike 80 miles			Education Expedition, Rosedale Ride	
	3/29	20 miles			Bike 40 miles			Bluebonnet Express	
Week 10									
	3/30	Off			Off				
	3/31	Run/Walk - 30 min			Run/Walk - 30 min				
	4/1	Bike - 20 miles			Bike - 30 miles				
	4/2	Run/Walk - 30 min			Run/Walk - 30 min				
	4/3	Off			Off				
	4/4	50-60 miles			Bike 80 miles			Camp for All, Pedal Power Austin	
	4/5	20 miles			Bike 40 miles			Space Race	
Taper Phase									
		Goal is to Slowly Reduce Training Volume							
Week 11									
	4/6	Off			Off				
	4/7	Run/Walk - 30 min			Run/Walk - 30 min				
	4/8	Bike - 20 miles			Bike - 30 miles				
	4/9	Run/Walk - 30 min			Run/Walk - 30 min				
	4/10	Off			Off				
	4/11	40-50 miles			Bike 70 miles			Katy Ram Challenge	
	4/12	OFF			OFF			Easter Sunday	
Week 12									
	4/13	Off			Off				
	4/14	Run/Walk - 30 min			Run/Walk - 30 min				
	4/15	Bike - 20 miles			Bike - 20 miles				
	4/16	Run/Walk - 30 min			Run/Walk - 30 min				
	4/17	Off			Off				
	4/18/08								
	4/19/08								

Tacking 1 to 2 indoor cycling classes a week is great training during the week
 * Consult a physician before engaging in any aerobic program
 ** Traveling Light is not responsible to any injuries that may result from using this program or any variation of it
 *** Training information obtained from Saturn MS150 & www.msillinois.com & Robby Robbins/Faith Athletics