

# MS 150 Training Schedule 2010

		Ride Group #1			Ride Group #2			
Date	Workout	Total Miles	NOTES	Workout	Total Miles	NOTES	Scheduled Rides	
<b>BASE PHASE</b>								
<b>Goal Ride Three Days &amp; Build Cardiovascular Base 75% or less Max Heart Rate</b>								
<b>Week 1</b>				<b>January 24 2009</b>				
1/25	Bike - 10 miles			Bike - 15 miles			Frost Bike	
1/26	Run/Walk - 30 min			Run/Walk - 30 min				
1/27	Bike 15 miles			Bike - 20 miles				
1/28	Run/Walk - 30 min			Run/Walk - 30 min				
1/29	Off			Off				
1/30	<b>Bike 20 miles</b>			<b>Bike 35 miles</b>			Bike Through the Forest	
1/31	Off			Off			Ride the Rescue	
<b>Week 2</b>								
2/1	Bike - 10 miles			Bike - 15 miles				
2/2	Run/Walk - 30 min			Run/Walk - 30 min				
2/3	Bike 15 miles			Bike - 20 miles				
2/4	Run/Walk - 30 min			Run/Walk - 30 min				
2/5	Off			Off				
2/6	<b>Bike 25 miles</b>			<b>Bike 40 miles</b>			Puddle for the Ducks	
2/7	Off			Off			CHS Golden Girls Gold Rush Bike Ride	
<b>Week 3</b>								
2/8	Bike - 10 miles			Bike - 15 miles				
2/9	Run/Walk - 30 min			Run/Walk - 30 min				
2/10	Bike 15 miles			Bike - 20 miles				
2/11	Run/Walk - 30 min			Run/Walk - 30 min				
2/12	Off			Off				
2/13	<b>Bike 30 miles</b>			<b>Bike 45 miles</b>			Pedaling the Prairie	
2/14	Off			Off				
<b>Week 4</b>								
2/15	Bike - 10 miles			Bike - 15 miles				
2/16	Run/Walk - 30 min			Run/Walk - 30 min				
2/17	Bike 15 miles			Bike - 20 miles				
2/18	Run/Walk - 30 min			Run/Walk - 30 min				
2/19	Off			Off				
2/20	<b>Bike 25 miles</b>			<b>Bike 40 miles</b>			Humble Lions Ride	
2/21	Off			Off			Tri-County Hill Hopper	
<b>Week 5</b>								
2/22	Bike - 10 miles			Bike - 15 miles				
2/23	Run/Walk - 30 min			Run/Walk - 30 min				
2/24	Bike 20 miles			Bike - 20 miles				
2/25	Run/Walk - 30 min			Run/Walk - 30 min				
2/26	Off			Off				
2/27	<b>Bike 35 miles</b>			<b>Bike 50 miles</b>			Bulldog Bike Ride	
2/28	Off			Off			Sun & Ski Sports Spring Breakaway	
<b>Phase 2</b>								
<b>Goal Ride Three Days &amp; Light Day on Back To Back 75% or less Max Heart Rate</b>								
<b>Week 6</b>								
3/1	Off			Off				
3/2	Run/Walk - 30 min			Run/Walk - 30 min				
3/3	Bike - 20 miles			Bike - 20 miles				
3/4	Run/Walk - 30 min			Run/Walk - 30 min				
3/5	Off			Off				
3/6	<b>Bike 40 miles</b>			<b>Bike 55 miles</b>			Gator Ride - Pedal thru the Pines Bastrop	
3/7	<b>Bike 15 miles</b>			<b>Bike 20 miles</b>			The Continental Airlines Cycling Classic	
<b>Week 7</b>								
3/8	Off			Off				
3/9	Run/Walk - 30 min			Run/Walk - 30 min				
3/10	Bike - 15 miles			Bike - 20 miles				
3/11	Run/Walk - 30 min			Run/Walk - 30 min				
3/12	Off			Off				
3/13	<b>Bike 35 miles</b>			<b>Bike 50 miles</b>			Brookwood Benefit Bike Ride	
3/14	<b>15 miles</b>			<b>Bike 25 miles</b>			Great Escape	
<b>Week 8</b>								
3/15	Off			Off				
3/16	Run/Walk - 30 min			Run/Walk - 30 min				
3/17	Bike - 20 miles			Bike - 25 miles				
3/18	Run/Walk - 30 min			Run/Walk - 30 min				
3/19	Off			Off				
3/20	<b>Bike 45 miles</b>			<b>Bike 65 miles</b>			B-GeO Magnolia Miles, Spokes n' Spurs - Austin	
3/21	<b>NB OFF, 20 miles</b>			<b>NB OFF, 25 Miles</b>	<b>NEW BRAUNFELS</b>	<b>NEW BRAUNFELS</b>	Tour de Houston	
<b>Week 9</b>								
3/22	Off			Off				
3/23	Run/Walk - 30 min			Run/Walk - 30 min				
3/24	Bike - 20 miles			Bike - 30 miles				
3/25	Run/Walk - 30 min			Run/Walk - 30 min				
3/26	Off			Off				
3/27	<b>Bike 20 miles</b>			<b>Bike 40 miles</b>	<b>Meet &amp; Greet</b>		Education Expedition, Rosedale Ride	
3/28	<b>Bike 50 Miles</b>			<b>Bike 70 miles</b>			Bluebonnet Express	
<b>Week 10</b>								
3/29	Off			Off				
3/30	Run/Walk - 30 min			Run/Walk - 30 min				
3/31	Bike - 20 miles			Bike - 30 miles				
4/1	Run/Walk - 30 min			Run/Walk - 30 min				
4/2	Off			Off				
4/3	<b>60 miles</b>			<b>Bike 80 miles</b>	<b>Whitehall</b>		Camp for All, Pedal Power Austin	
4/4	Off			Off			<b>Easter Sunday</b>	
<b>Taper Phase</b>								
<b>Goal is to Slowly Reduce Training Volume</b>								
<b>Week 11</b>								
4/5	Off			Off				
4/6	Run/Walk - 30 min			Run/Walk - 30 min				
4/7	Bike - 20 miles			Bike - 30 miles				
4/8	Run/Walk - 30 min			Run/Walk - 30 min				
4/9	Off			Off				
4/10	<b>Bike 40-50 miles</b>			<b>Bike 70 + miles</b>			Katy Ram, Pedal Power Wildflower Ride - Austin	
4/11	<b>Bike 15 miles Easy</b>			<b>Bike 20 miles Easy</b>			Space Race	
<b>Week 12</b>								
4/12	Off			Off				
4/13	Run/Walk - 15 min			Run/Walk - 15 min				
4/14	Bike - 20 miles			Bike - 20 miles				
4/15	Run/Walk - 15 min			Run/Walk - 15 min				
4/16	Off			Off				
4/17/2008	<b>MS 150 Ride Day 1 - Houston To La Grange</b>							
4/18/2008	<b>MS 150 Ride Day 2 - La Grange to Austin</b>							

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 and Faith Athletics 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.ms150.com & Robby Robbins/Faith Athletics