

MS 150 Training Schedule 2012

		Short Route			Long Route				
Phase 1	Date	Workout	Total Miles	NOTES	Workout	Total Miles	NOTES	MS Recommended Ride & other Rides	
		Goal: Ride Three Days & Build Cardiovascular Base 75% or less Max Heart Rate							
WEEK 1	1/14 1/15	Bike 30 Min off Bike 45 Min Run/Walk - 30 min Off Bike 25 miles Off			Bike 45 Min off Bike 60 Min Run/Walk - 30 min Off Bike 35 miles Off				
WEEK 2	1/21 1/22	Recovery Week - Body adaptation week Bike 30 Min off Bike 30 Min Run/Walk - 30 min Off Bike 17 miles Off			Bike 45 Min off Bike 45 Min Run/Walk - 30 min Off Bike 25 miles Off			Frost Bike	
WEEK 3	1/28 1/29	Bike 30 Min off Bike 45 Min Run/Walk - 30 min Off Bike 29 miles Off			Bike 45 Min off Bike 60 Min Run/Walk - 30 min Off Bike 40 miles Off			Bike Through the Forest Texas Independence Bicycle Tour	
WEEK 4	2/4 2/5	Bike 30 Min off Bike 45 Min Run/Walk - 30 min Off Bike 33 miles Off			Bike 45 Min off Bike 60 Min Run/Walk - 30 min Off Bike 44 miles Off			Puddle for the Ducks CHS Golden Girls Gold Rush Bike Ride	
WEEK 5	2/11 2/12	Bike 30 Min off Bike 45 Min Run/Walk - 30 min Off Bike 37 miles Off			Bike 45 Min off Bike 60 Min Run/Walk - 30 min Off Bike 50 miles Off			Pedaling the Prairie Ride to the Rescue	
WEEK 6	2/18 2/19	Recovery Week - Body adaptation week Bike 30 Min off Bike 30 Min Run/Walk - 30 min Off Bike 21 miles Off			Bike 45 Min off Bike 45 Min Run/Walk - 30 min Off Bike 40 miles Off			Humble Lions Ride Tri-County Hill Hopper	
WEEK 7	2/25 2/26	Bike 30 Min off Bike 45 Min Run/Walk - 30 min Off Bike 42 miles Off			Bike 45 Min off Bike 60 Min Run/Walk - 30 min Off Bike 55 miles Off			Bulldog Bike Ride Sun & Ski Sports Spring Breakaway	

Phase 2		Goal: Ride Three Days & Light Day on Back To Back 75% or less Max Heart Rate during the week and Hills on the weekends			
WEEK 8		Bike 45 Min off Bike 45 Min Run/Walk - 30 min Off 3/3 3/4 Bike 47 miles Bike 15 miles	Bike 45 Min off Bike 60 Min Run/Walk - 30 min Off Bike 61 miles Bike 20 Miles		Saturday: Gator Ride The Continental Airlines Cycling Classic
WEEK 9		Off Bike 45 Min Run/Walk - 30 min Bike 45 Min Off 3/10 3/11 Bike 52 miles Bike 20 miles	Off Bike 45 Min Run/Walk - 30 min Bike 60 Min Off Bike 67 Miles Bike 30 miles		The Raven Ride - Huntsville The Great Escape Bike Ride
WEEK 10		Recovery Week - Body adaptation week Off Bike 30 Min Run/Walk - 30 min Bike 45 Min Off 3/17 3/18 Bike 30 miles Off	Off Bike 45 Min Run/Walk - 30 min Bike 45 Min Off Bike 46 Miles Off	NEW BRAUNFELS NEW BRAUNFELS	Saturday: B-GeO Magnolia Miles Tour de Houston
WEEK 11		Off Bike 45 Min Run/Walk - 30 min Bike 45 Min Off 3/24 3/25 Bike 58 miles Bike 25 miles	Off Bike 45 Min Run/Walk - 30 min Bike 60 Min Off Bike 76 Miles Bike 35 Miles		Saturday: Schlumberger Education Expedition Bluebonnet Express
WEEK 12		Off Bike 45 Min Run/Walk - 30 min Bike 45 Min Off 3/31 4/1 Bike 30 miles Bike 65 Miles	Off Bike 45 Min Run/Walk - 30 min Bike 60 Min Off Bike 40 miles Bike 85 Miles	Meet & Greet	Saturday - Spokes n' Spurs - Austin Saturday: Pedal Power Wildflower Ride - Austin Saturday: Camp for All Hilltop Ride Gran Fondo: TMCQ
Taper Phase		Goal is to Slowly Reduce Training Volume			
WEEK 13		Off Bike 30 Min Run/Walk - 30 min Bike 45 Min Off 4/7 4/8 Bike 40 miles off	Off Bike 45 Min Run/Walk - 30 min Bike 60 Min Off Bike 60 miles off	Easter	
WEEK 14		Goal: Lower Intensity rides Bike 45 Min off Bike 45 Min Run/Walk - 30 min Off 4/14 4/15 Bike 40-50 miles Bike 15-20 miles Easy	Bike 45 Min off Bike 45 Min Run/Walk - 30 min Off Bike 60 Miles Bike 40 Miles Easy	PM RIDE Richards	Katy Ram Tour De Braz
WEEK 15		Off Run/Walk - 15 min Bike 45 Min Walk - 15 min Off	Off Run/Walk - 15 min Bike 60 Min Walk - 15 min Off		
4/21 MS 150 Ride Day 1 - Houston To La Grange 4/22 MS 150 Ride Day 2 - La Grange to Austin					

Indoor cycling classes are a great alternative 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.msillinois.com & Robby Robbins/Faith Athletics