

# MS 150 Training Schedule 2008

| Date               | Beginner Riders   |             |       | Advanced Riders      |                         |       | Scheduled Rides  |
|--------------------|---|-------------|-------|----------------------|-------------------------|-------|--|
|                    | Workout   | Total Miles | NOTES | Workout              | Total Miles             | NOTES |  |
| <b>BASE PHASE</b>  | <b>Goal Ride Three Days &amp; Build Cardiovascular Base</b> |             |       |                      |                         |       |  |
| <b>Week 1</b>      |   |             |       |                      |                         |       |  |
| January 21         | Bike - 10 miles   |             |       | Bike - 15 miles      |                         |       | <b>Frost Bike 50: 45 &amp; 55</b>  |
| 1/22               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 1/23               | Bike 15 miles   |             |       | Bike - 20 miles      |                         |       |  |
| 1/24               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 1/25               | Off   |             |       | Off                  |                         |       |  |
| 1/26               | <b>Bike 25 miles</b>  |             |       | <b>Bike 40 miles</b> |                         |       |  |
| 1/27               | <b>Off</b>  |             |       | <b>Off</b>           |                         |       |  |
| <b>Week 2</b>      |   |             |       |                      |                         |       |  |
| 1/28               | Bike - 10 miles   |             |       | Bike - 15 miles      |                         |       | <b>Bike Through the Forest 24,50</b>   |
| 1/29               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 1/30               | Bike 15 miles   |             |       | Bike - 20 miles      |                         |       |  |
| 1/31               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| February 01        | Off   |             |       | Off                  |                         |       |  |
| 2/2                | <b>Bike 25 miles</b>  |             |       | <b>Bike 40 miles</b> |                         |       |  |
| 2/3                | <b>Off</b>  |             |       | <b>Off</b>           |                         |       |  |
| <b>Week 3</b>      |   |             |       |                      |                         |       |  |
| 2/4                | Bike - 10 miles   |             |       | Bike - 15 miles      |                         |       | <b>Ducks Unlimited Ride<br/>The West U Warm Up: 30,50,65</b>                     |
| 2/5                | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 2/6                | Bike 20 miles   |             |       | Bike - 20 miles      |                         |       |  |
| 2/7                | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 2/8                | Off   |             |       | Off                  |                         |       |  |
| 2/9                | <b>Bike 30 miles</b>  |             |       | <b>Bike 40 miles</b> |                         |       |  |
| 2/10               | <b>Off</b>  |             |       | <b>Off</b>           |                         |       |  |
| <b>Week 4</b>      |   |             |       |                      |                         |       |  |
| 2/11               | Bike - 10 miles   |             |       | Bike - 20 miles      |                         |       | <b>The Bulldog Bike Ride<br/>Wild, Wild West End Ride: N/A</b>                   |
| 2/12               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 2/13               | Bike 20 miles   |             |       | Bike - 20 miles      |                         |       |  |
| 2/14               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 2/15               | Off   |             |       | Off                  |                         |       |  |
| 2/16               | <b>Bike 30 miles</b>  |             |       | <b>Bike 40 miles</b> |                         |       |  |
| 2/17               | <b>Off</b>  |             |       | <b>Off</b>           |                         |       |  |
| <b>Phase 2</b>     | <b>Goal Ride Three Days &amp; Increase Distance</b>         |             |       |                      |                         |       |  |
| <b>Week 5</b>      |   |             |       |                      |                         |       |  |
| 2/18               | Off   |             |       | Off                  |                         |       | <b>Lions Ride: 40,59,79<br/>Tri-County Hill Hopper: 29,45,72</b>                 |
| 2/19               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 2/20               | Bike - 10 miles   |             |       | Bike - 20 miles      |                         |       |  |
| 2/21               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 2/22               | Off   |             |       | Off                  |                         |       |  |
| 2/23               | <b>40 miles</b>   |             |       | <b>Bike 50 miles</b> |                         |       |  |
| 2/24               | <b>20 miles</b>   |             |       | <b>Bike 40 miles</b> |                         |       |  |
| <b>Week 6</b>      |   |             |       |                      |                         |       |  |
| 2/25               | Off   |             |       | Off                  |                         |       | <b>Gator Ride - Pedal thru the Pines Bastrop<br/>Sun &amp; Ski Sports: N/A</b>   |
| 2/26               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 2/27               | Bike - 10 miles   |             |       | Bike - 20 miles      |                         |       |  |
| 2/28               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 2/29               | Off   |             |       | Off                  |                         |       |  |
| March 01           | <b>40 miles</b>   |             |       | <b>Bike 60 miles</b> |                         |       |  |
| 3/2                | <b>20 miles</b>   |             |       | <b>Bike 40 miles</b> |                         |       |  |
| <b>Week 7</b>      |   |             |       |                      |                         |       |  |
| 3/3                | Off   |             |       | Off                  |                         |       | <b>Magnolia Miles - Spokes n' Spurs Austin<br/>Continental Classic: 24,40,60</b> |
| 3/4                | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 3/5                | Bike - 10 miles   |             |       | Bike - 20 miles      |                         |       |  |
| 3/6                | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 3/7                | Off   |             |       | Off                  |                         |       |  |
| 3/8                | <b>45 miles</b>   |             |       | <b>Bike 60 miles</b> | <b>New Braunfels</b>    |       |  |
| 3/9                | <b>20 miles</b>   |             |       | <b>Bike 40 miles</b> | <b>New Braunfels</b>    |       |  |
| <b>Week 8</b>      |   |             |       |                      |                         |       |  |
| 3/10               | Off   |             |       | Off                  |                         |       | <b>Tour de Houston<br/>Great Escape Bike Ride</b>                                |
| 3/11               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 3/12               | Bike - 20 miles   |             |       | Bike - 25 miles      |                         |       |  |
| 3/13               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 3/14               | Off   |             |       | Off                  |                         |       |  |
| 3/15               | <b>40 miles</b>   |             |       | <b>Bike 40 miles</b> |                         |       |  |
| 3/16               | <b>50-60 miles</b>  |             |       | <b>Bike 70 miles</b> |                         |       |  |
| <b>Week 9</b>      |   |             |       |                      |                         |       |  |
| 3/17               | Off   |             |       | Off                  |                         |       | <b>Katy Ram Challenge: 12,35,62,76<br/>Easter Sunday</b>                         |
| 3/18               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 3/19               | Bike - 20 miles   |             |       | Bike - 30 miles      |                         |       |  |
| 3/20               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 3/21               | Off   |             |       | Off                  |                         |       |  |
| 3/22               | <b>50-60 miles</b>  |             |       | <b>Bike 80 miles</b> |                         |       |  |
| 3/23               | <b>Off</b>  |             |       | <b>Off</b>           | <b>Easter Sunday</b>    |       |  |
| <b>Week 10</b>     |   |             |       |                      |                         |       |  |
| 3/24               | Off   |             |       | Off                  |                         |       | <b>Education Expedition - Rosedale Ride<br/>Bluebonnet Express 24,46,60</b>      |
| 3/25               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 3/26               | Bike - 20 miles   |             |       | Bike - 30 miles      |                         |       |  |
| 3/27               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 3/28               | Off   |             |       | Off                  |                         |       |  |
| 3/29               | <b>50-60 miles</b>  |             |       | <b>Bike 80 miles</b> | <b>Meet &amp; Greet</b> |       |  |
| 3/30               | <b>20 miles</b>   |             |       | <b>Bike 40 miles</b> |                         |       |  |
| <b>Taper Phase</b> | <b>Goal is to Slowly Reduce Training Volume</b>             |             |       |                      |                         |       |  |
| <b>Week 11</b>     |   |             |       |                      |                         |       |  |
| 3/31               | Off   |             |       | Off                  |                         |       | <b>Camp for All - Smokin Spokes Austin<br/>Space Race: 10,22,40,62,80,100</b>    |
| April 01           | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 4/2                | Bike - 20 miles   |             |       | Bike - 30 miles      |                         |       |  |
| 4/3                | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 4/4                | Off   |             |       | Off                  |                         |       |  |
| 4/5                | <b>40-50 miles</b>  |             |       | <b>Bike 70 miles</b> |                         |       |  |
| 4/6                | <b>20 miles</b>   |             |       | <b>Bike 40 miles</b> |                         |       |  |
| <b>Week 12</b>     |   |             |       |                      |                         |       |  |
| 4/7                | Off   |             |       | Off                  |                         |       |  |
| 4/8                | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 4/9                | Bike - 20 miles   |             |       | Bike - 20 miles      |                         |       |  |
| 4/10               | Run/Walk - 30 min   |             |       | Run/Walk - 30 min    |                         |       |  |
| 4/11               | Off   |             |       | Off                  |                         |       |  |
| 4/12/07            |   |             |       |                      |                         |       | <b>MS 150 Ride - Houston to Austin - 182 miles</b>                               |
| 4/13/07            |   |             |       |                      |                         |       |  |

\* 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.ms150.com & Robby Robbins