

# Recommended Training Schedule

April weekends - Dust off the legs on rides varying from 10 - 25 miles.

Date - Weekends	Distance	Difficulty
May		
1st	30 miles	Easy
2nd	35 miles	Easy
3rd	40 miles	Easy
4th	40 / 25 miles	Medium / Easy
June		
1st	45 / 30 miles	Medium / Medium
2nd	50 miles	Medium
3rd	50 / 40 miles	Hard / Easy
4th	60 miles	Medium
July		
1st	65 miles	Medium
2nd	60 / 50 miles	Hard / Medium
3rd	60 / 60 miles	Hard / Hard
4th	75 miles	Medium
August		
1st	75 / 50 miles	Hard / Medium
2nd	75 / 75 miles	Hard / Medium
3rd	100 mile training ride	
4th	You Pick	
September		
1st	You Pick	
Weekend after Labor Day	THE BIG WEEKEND - 100 + 100	

This is intended to just be a guideline of suggested ride lengths in order to build-up strength for the big event.

It is suggested that you attempt to ride 1 to 2 times a week in addition to the regular Saturday rides.

See the website bulletin board and our Yahoo Groups server for up-to-date weekend ride information.