

# 51 mile 8 Week Training Guide



*Gearing up for the Beers & Gears Ride but don't know how to get started? Check out our Training Guide!*

*For each week of successful training, put a sticker or star in the box!*

## Week 1 - May 19 - May 25

Tuesday: 30 min flat ride  
Thursday: 45 min flat ride  
Saturday: 45 min flat ride

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

*Monday/Wednesday/Friday are rest days! Take the time to stretch and take care of your joints!*

## Week 2 - May 26 - June 1

Tuesday: 45 min flat ride  
Thursday: 45 min flat ride  
Weekend: 60 min flat ride

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

*Monday/Wednesday/one day on the weekend are rest days!*

## Week 3 - June 2 - June 8

Tuesday: 45 min flat ride  
Thursday: 30 min spin  
Friday: Body Weight training of your choice  
Weekend: 60 min flat ride

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

*Monday/Wednesday/one day on the weekend are rest days!*

## Week 4 - June 9 - June 15

Tuesday: 60 min flat ride  
Thursday: 30 min spin  
Friday: Body Weight Training  
Weekend: 90 min flat ride

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

*Monday/Wednesday/one day on the weekend are rest days!*

## Week 5 - June 16 - June 22

Tuesday: 60 min ride - include some elevation  
Thursday: 45 min spin  
Friday: Body Weight Training  
Weekend: 90 min flat ride

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

*Monday/Wednesday/one day on the weekend are rest days!*

## Week 6 - June 23 - - June 29

Tuesday: 75 min varied ride  
Thursday: 60 min spin  
Friday: Body Weight Training  
Saturday: 120 min flat ride

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

*Monday/Wednesday/one day on the weekend are rest days!*

## Week 7 - June 30 - July 6

Tuesday: 80 min ride - include steep climbs  
Thursday: 60 min spin  
Friday: Body Weight Training  
Saturday: 180 min easy ride

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

*Monday/Wednesday/one day on the weekend are rest days!*

## Week 8 - July 7 - July 13

Tuesday: 60 min steep ride  
Thursday: 45 min spin  
Friday: Gentle stretching  
Saturday: EVENT DAY!

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

*Monday/Wednesday are rest days! Celebrate on Saturday!*

*Take a weekly picture of your completed sheet and post it on social media!*

*Tag us on Facebook or Instagram*

*Facebook: ALS Northwest*

*Instagram: @ALSNorthwest*