

77 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: 60 min flat ride
Thursday: 60 min flat ride
Saturday: 90 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: 60 min flat ride
Thursday: 60 min flat ride
Friday: Body weight training of your choice
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 3 - June 2 - June 8

Tuesday: 70 min flat ride
Thursday: 35 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 4 - June 9 - June 15

Tuesday: 70 min flat ride
Thursday: 40 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: 80 min ride - include some elevation
Thursday: 60 min spin
Friday: Body Weight Training
Weekend: 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 6 - June 23 - June 29

Tuesday: 80 min varied ride
Thursday: 70 min spin
Friday: Body Weight Training
Saturday: 150 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: 80 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: 60 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!

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