

Metric Century 8 Week Training Guide



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

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

Week 1 - May 19 - May 25

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

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| <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

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

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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

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| <input type="checkbox"/> | <input type="checkbox"/> |
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Monday/Wednesday/ one day on the weekend are rest days!

Week 5 - June 16 - June 22

Tuesday: 70 min ride - include some elevation
Thursday: 45 min spin
Friday: Body Weight Training
Weekend: 90 min flat ride

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| <input type="checkbox"/> | <input type="checkbox"/> |
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Monday/Wednesday/ one day on the weekend are rest days!

Week 6 - June 23- June 29

Tuesday: 80 min varied ride
Thursday: 60 min spin
Friday: Body Weight Training
Saturday: 120 min flat ride

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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

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| <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!

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|--------------------------|--------------------------|
| <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: @ALS Northwest