## 2015 BP MS 150 Training Schedule 16 WEEKS

## **100 Mile Goal Distance**

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Week	Purpose	Mon	Tue	Wed	Thurs	Fri	Sat	Sun			
Week of December 29	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	20 miles	Off			
Workout Zone			Endurance		Endurance		<b>Endurance</b>				
Record your Results											
Notes:			Optional		Optional						
Week of January 5	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	25 miles	Off			
Workout Zone			Endurance		Endurance		Endurance				
Record Your Results											
Notes:			Optional		Optional						
Week of January 12	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	30 miles	Off			
Workout Zone			Endurance		Endurance		Endurance				
Record Your Results											
Notes:			Optional		Optional						
Week of January 19	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	35 miles	Off			
Workout Zone			Endurance		Endurance		Endurance				
Record Your Results											
Notes:			Optional		Optional						
Week of January 26	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	40 miles	Off			
Workout Zone		<u> </u>	Endurance	· · ·	Endurance	· · ·	Endurance	<u> </u>			
Record Your Results			2.1ddidioc		Liiddidiid		<u> </u>				
Notes:			Optional		Optional						
Week of February 2	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	45 miles	Off			
Workout Zone	Dasc Willes	Oil	Endurance	On	Endurance	OII	Endurance	Oli			
Record Your Results			Endurance		Lindurance		Endurance				
Notes:			Optional		Optional						
Week of February 9	Build Strength	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	50 miles	Off			
Workout Zone	Duna Strength	011	Tempo	<u> </u>	Tempo	<u> </u>	Endurance	On			
Record Your Results			Теттро		Теттро		Litadiance				
Notes:			Optional		Optional						
Week of February 16	Build Strength	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	55 miles	Off			
Workout Zone	Duliu Streligtii	Oli	Tempo	On	Tempo	OII	Endurance	Oli			
Record Your Results			Тепіро		Тепіро		Lituarance				
Notes:			Optional		Optional						
Week of February 23	Build Strength	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	60 miles	Off			
Workout Zone	Dana Strength	Oil	Tempo	011	Tempo	- 511	Endurance	Oil			
Record Your Results			Tellipu		Tellipu		Litaurance				
Notes:			Optional		Optional						
Week of March 2	Strength and Hills	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	45 miles	Off			
Week of March 2  Workout Zone	Strength and mills	Oil	Tempo	Oil	Tempo	Oil	45 miles Hills	Oil			
Record Your Results			Tellipo		Тепіро		HIIIS				
Notes:			Ontional		Optional						
Week of March 9	Ctrongth and IIII-	Off	Optional	Off	·	Ott	EE mailes	Off			
	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	55 miles	Off			
Workout Zone			2 min Interval		Tempo		Hills				
Record Your Results			0		Oution 1						
Notes:	Changeth on 11111	055	Optional	011	Optional	055	CE will	011			
Week of March 16	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	65 miles	Off			
Workout Zone			2 min Interval		Tempo		Hills				
Record Your Results											

Notes:			Optional		Optional			
Week of March 23	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	75 miles	Off
Workout Zone			3 min Interval		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of March 30	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	80 miles	Off
Workout Zone			3 min Interval		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of April 6	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	85 miles	Off
Workout Zone			3 min Interval		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of April 13	Rest	Rest	10-20	Rest	Rest	Rest	MS 150	MS 150
Workout Zone			Endurance				Endurance	<b>Endurance</b>
Record Your Results								
Notes:			Optional		Optional			

## Notes:

- 1. Weekday (M-F) workouts are typically about 1 hour, and can be done on any day with a rest day in between.
- 2. Weekday (M-F) workouts are encouraged, and will help build endurance and speed.
- 3. OK to substitute Gym, Bike Trainer, or Spin Class workout instead of riding (M-F).
- 4. Weekend (Sat and Sun) workouts can be done either day.
- 5. Recommended: Within 3 weeks of the event ride both Sat. and Sun., or 2 back to back longer mile days.
- 6. Workout Zones:
  - "Endurance" = Easy, All-Day Pace, Heart Rate 70-85% of Max.
  - "Tempo" = Increased Pace, "Spirited" (Requires Concentration to Maintain), Hear Rate 85-95% of Max.
- 7. Intervals:

2-3 Minutes of Hard (all out Max effort), followed by equal period (2-3 minutes) of Very Easy, Almost NO Pedaling, SLOW, effort. Repeat 10 Times.

Training Plan prepared by:

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