

# 2014 BP MS 150 Training Schedule

## 16 WEEKS

### 100 Mile Goal Distance

Week	Purpose	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week of December 23	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	20 miles	Off
Workout Zone			Endurance		Endurance		Endurance	
Record your Results								
Notes:			Optional		Optional			
Week of December 30	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 6	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 13	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 20	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	40 miles	Off
Workout Zone			Endurance		Endurance		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of January 27	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	45 miles	Off
Workout Zone			Endurance		Endurance		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of February 3	Build Strength	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	50 miles	Off
Workout Zone			Tempo		Tempo		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of February 10	Build Strength	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	55 miles	Off
Workout Zone			Tempo		Tempo		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of February 17	Build Strength	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	60 miles	Off
Workout Zone			Tempo		Tempo		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of February 24	Strength and Hills	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	45 miles	Off
Workout Zone			Tempo		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of March 3	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								
Notes:			Optional		Optional			
Week of March 10	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			

<b>Week of March 17</b>	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			
<b>Week of March 24</b>	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			
<b>Week of March 31</b>	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			
<b>Week of April 7</b>	Rest	Rest	10-20	Rest	Rest	Rest	MS 150	MS 150
Workout Zone			Endurance				Endurance	Endurance
Record Your Results								
Notes:			Optional		Optional			

**Notes:**

- Weekday (M-F) workouts can be done on any day with rest day in between
- Weekday (M-F) workouts are optional.  
OK to substitute Gym, Bike Trainer, or Spin Class workout instead of riding (M-F).
- Weekend (Sat and Sun) workouts can be done on either day
- Recommend that within 3 weeks of BP MS 150, riders ride both Saturday and Sunday over 50 miles to simulate back to back ride days.
- Workout Zones:  
Endurance Easy "All Day Pace", Heart Rate 70-85% of Max  
Tempo = Increased Pace, "Spirited" (Requires Concentration to Maintain)  
Heart Rate = 85-95% of Max
- 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