



2017 BP MS 150 Training Guide

16 Weeks

100 Mile Goal Distance

Week	Purpose	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week of January 9	Base Miles	Off	10 mi. or 30 min.	Off	10 mi. or 30 min.	Off	20 miles	Off
Workout Zone:			Endurance		Endurance		Endurance	
Record Your Results:								
Notes:			Optional		Optional			
Week of January 16	Base Miles	Off	10 mi. or 30 min.	Off	10 mi. or 30 min.	Off	25 miles	Off
Workout Zone:			Endurance		Endurance		Endurance	
Record Your Results:								
Notes:			Optional		Optional			
Week of January 23	Base Miles	Off	10 mi. or 30 min.	Off	10 mi. or 30 min.	Off	30 miles	Off
Workout Zone:			Endurance		Endurance		Endurance	
Record Your Results:								
Notes:			Optional		Optional			
Week of January 30	Base Miles	Off	10 mi. or 30 min.	Off	10 mi. or 30 min.	Off	35 miles	Off
Workout Zone:			Endurance		Endurance		Endurance	
Record Your Results:								
Notes:			Optional		Optional			
Week of February 6	Base Miles	Off	10 mi. or 30 min.	Off	10 mi. or 30 min.	Off	40 miles	Off
Workout Zone:			Endurance		Endurance		Endurance	
Record Your Results:								
Notes:			Optional		Optional			
Week of February 13	Base Miles	Off	10 mi. or 30 min.	Off	10 mi. or 30 min.	Off	45 miles	Off
Workout Zone:			Endurance		Endurance		Endurance	
Record Your Results:								
Notes:			Optional		Optional			
Week of February 20	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 27	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 March 6	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 March 13	Strength and Hills	Off	15 mi. or 1 hour	Off	15 mi. or 1 hour	Off	45 miles	Off
Workout Zone:			Tempo		Tempo		Endurance	
Record Your Results:								
Notes:			Optional		Optional			
Week of March 20	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 27		Off	10 sets	Off	20 mi. or 1 hour	Off	65 miles	Off

Workout Zone:	Strength and Hills		2 min. interval		Tempo		Hills	
Record Your Results:								
Notes:			Optional		Optional			
Week of April 3	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 April 10	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 17	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 24	Rest	Rest	10-20	Rest	Rest	Rest	BP MS 150	BP MS 150
Workout Zone:			Endurance				Endurance	Endurance
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), Heart 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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