



## 8 Week Training Schedule

If this is your first MS 150 - this training schedule is for you! If it's not your first - it never hurts to get back into a specific training plan for this year's ride!

**Please Remember:** If you're concerned as to your health and ability to take on the ride, please consult with your physician.

The goal of this training plan is to get you on a bike and to acquaint your body with the bike and life on the road. The most important part of this training plan is to train the part of your body that will feel the bike for 2 days...your seat! Even if you're in tip top/perfect shape, if you haven't sat on a bike seat in some time, you'll want to get reacquainted.

Our training plan is broken up into 8 weeks (starting with Week 8). The days are listed as day 1 or Monday since we all work very different shifts with different days off. Feel free to change days as it works for you but it is important to incorporate the rest days into the weekly plan.

**Please Note:** To keep from getting sore, be sure to stretch before and after each training session.

### WEEK 8

- Day 1/Monday: Rest, what a great way to start! How perfect is this training plan!
- Day 2/Tuesday: Spinning/Indoor Cycling class - if you have not located a gym to do a spin class, you should do so. Get to a gym that is convenient for you. Close to home or work. Work out with someone.
- Day 3/Wednesday: Rest or shop for a bike. If you don't have your bike yet, now would be a good time to shop or ask a friend to borrow a bike for the ride. Inform them that you'll have the bike for 10 weeks.
- Day 4/Thursday: Spinning/Indoor Cycling class - remember to drink plenty of water during class. Ask your instructor for tips about the seat height and handle bar height. Every body is different, so more than likely you will have to adjust one or the other.
- Day 5/Friday: Rest. Isn't this training easy? Don't worry - we're just getting you ready for all the fun that follows.
- Day 6/Saturday: Spinning/Indoor Cycling class OR do a 10 bike ride outdoors. Get in your car and drive from your home 5 miles and come back home. Now get on your bike and ride that same route. This is called an out and back. These are great early rides since you start and end in the same place. Don't forget your helmet!
- Day 7/Sunday: Yup! You guessed it...Rest. You can also recap your first week of training. What did you think? Did you have fun?!? Did you rekindle any past relationships with muscles you forgot you had? If so, great! You're on the right track. This is also a great day to shop for any cool cycling gear. Remember half the fun of training is looking good while you do it! Seriously, think about cycling shorts (the ones with the pad built in!). Trust us on this one! They may be your best friend in 8 weeks.



## WEEK 7 – WEEK 2

- Day 1/Monday: Spinning/Indoor Cycling - these are great classes to get your Cardio training in. Granted you won't be doing the drills they have in class on the road, but they get your heart rate up and your rear end on a teeny, tiny, rock hard seat.
- Day 2/Tuesday: Rest
- Day 3/Wednesday: Spinning/Indoor Cycling - these classes can also be substituted with a stationary bike. The classes are great at motivating and keep you going strong.
- Day 4/Thursday: Rest - Rest days are important in any training plan. They allow your muscles to recover after strenuous work. Over training can actually be worse for you if you're not careful.
- Day 5/Friday: Spinning/Indoor Cycling
- Day 6/Saturday: Weekends are where you will do most of your outdoor riding. Over this 4 week period increase your mileage by 5 miles each week. Last week we did a 10 mile ride, so week 7 do a 15 mile out and back ride, week 6 a 20 mile ride until you get up to a 40 mile ride. Drink plenty of water and take rest stops. A 40 mile ride will be much like day 2 of the ride when we make our final push to San Diego.
- Day 7/Sunday: Rest - Make sure your equipment is ready to go. The bike has been tuned. Your final gear purchases have been made. You've made last minute pleas for more pledges, etc.



## Week 1

- Day 1/Monday: Spinning/Indoor Cycling - This begins our taper week. Although you're in class, don't push it as hard as you have been. Let your muscles go through the motions of cycling, just don't overexert them.
- Day 2/Tuesday: Rest
- Day 3/Wednesday: Spinning/Indoor Cycling - last one before the ride!
- Day 4/Thursday: Rest
- Day 5/Friday: Rest - lot's of it. Go to bed early. Pack your gear and car the night before - you don't want to have to rush around early in the morning.
- Day 6/Saturday: Ride Day 1! You've made it! **Congratulations**... enjoy the moment! You'll have a lot of them over the next 2 days... there is no better feeling than riding down PCH with your bright Team Disney cycling jersey and have all kinds of people recognize the emblem. Then you reach the first rest stop with your fellow Disney Cast Members, family, and friends screaming encouragement as you pedal in to the Disney sponsored stop. It is truly amazing. Later in the day - be sure to stretch before and right after getting into the Carlsbad rest stop and again before going to bed. This will ensure you are able to get right back on your bike in the morning.
- Day 7/Sunday: Ride Day 2! You wake up early for day 2! Only 40 miles to go! But what's coming up... the hill that everyone talks about...Torrey Pines! Don't worry, you've trained for this... just relax and get in a groove... and there is no penalty for drafting up the hill.

**GREAT JOB! You've now completed the MS 150!**

