# 25 mile

## 8 Week Training Guide

**Week 1 – May 24th**
- **Tuesday:** 20 min flat ride
- **Thursday:** 30 min flat ride
- **Saturday:** 30 min flat ride

*Monday/Wednesday/Friday are rest days! Take the time to stretch and take care of your joints!*

**Week 2 – May 31st**
- **Tuesday:** 30 min flat ride
- **Thursday:** 45 min flat ride
- **Weekend:** 45 min flat ride

*Monday/Wednesday/one day on the weekend are rest days!*

**Week 3 – June 7th**
- **Tuesday:** 45 min flat ride
- **Thursday:** 20 min spin
- **Friday:** Body Weight training of your choice
- **Weekend:** 45 min flat ride

*Monday/Wednesday/one day on the weekend are rest days!*

**Week 4 – June 14th**
- **Tuesday:** 45 min flat ride
- **Thursday:** 20 min spin
- **Friday:** Body Weight Training
- **Weekend:** 60 min flat ride

*Monday/Wednesday/one day on the weekend are rest days!*

**Week 5 – June 21st**
- **Tuesday:** 60 min ride – include some elevation
- **Thursday:** 30 min spin
- **Friday:** Body Weight Training
- **Weekend:** 60 min flat ride

*Monday/Wednesday/one day on the weekend are rest days!*

**Week 6 – June 28th**
- **Tuesday:** 60 min varied ride
- **Thursday:** 45 min spin
- **Friday:** Body Weight Training
- **Saturday:** 75 min flat ride

*Monday/Wednesday/one day on the weekend are rest days!*

**Week 7 – July 5th**
- **Tuesday:** 60 min ride – include steep climbs
- **Thursday:** 45 min spin
- **Friday:** Body Weight Training
- **Saturday:** 90 min easy ride

*Monday/Wednesday/one day on the weekend are rest days!*

**Week 8 – July 12th**
- **Tuesday:** 60 min steep ride
- **Thursday:** 30 min spin
- **Friday:** Gentle stretching
- **Saturday:** EVENT DAY!

*Monday/Wednesday are rest days! Celebrate on Saturday!

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Gearing up for the Ride to Defeat ALS but don’t know how to get started? Check out our Ride to Defeat Training Guide!

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

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Take a weekly picture of your completed sheet and post it on social media! Tag us on Facebook or Instagram or use #DefeatALSOregon. Each post is one entry into a raffle to win some great prizes!

**Facebook:** The ALS Association Oregon & SW Washington Chapter

**Instagram:** @DefeatALSOregon