### 51 mile 8 Week Training Guide

**Week 1 – May 24th**
- Tuesday: 30 min flat ride
- Thursday: 45 min flat ride
- Saturday: 45 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: 45 min flat ride
- Thursday: 45 min flat ride
- Weekend: 60 min flat ride

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

**Week 3– June 7th**
- Tuesday: 45 min flat ride
- Thursday: 30 min spin
- Friday: Body Weight training of your choice
- Weekend: 60 min flat ride

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

**Week 4– June 14th**
- Tuesday: 60 min flat ride
- Thursday: 30 min spin
- Friday: Body Weight Training
- Weekend: 90 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: 45 min spin
- Friday: Body Weight Training
- Weekend: 90 min flat ride

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

**Week 6 – June 28th**
- Tuesday: 75 min varied ride
- Thursday: 60 min spin
- Friday: Body Weight Training
- Saturday: 120 min flat ride

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

**Week 7– July 5th**
- Tuesday: 80 min ride - include steep climbs
- Thursday: 60 min spin
- Friday: Body Weight Training
- Saturday: 180 min easy ride

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

**Week 8 – July 12th**
- Tuesday: 60 min steep ride
- Thursday: 45 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