### 77 Mile 8 Week Training Guide

**Week 1 – May 24th**
- Tuesday: 60 min flat ride
- Thursday: 60 min flat ride
- Saturday: 90 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: 60 min flat ride
- Thursday: 60 min flat ride
- Friday: Body weight training of your choice
- Weekend: 90 min flat ride

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

**Week 3 – June 7th**
- Tuesday: 70 min flat ride
- Thursday: 35 min spin
- Friday: Body Weight training
- Weekend: 90 min flat ride

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

**Week 4 – June 14th**
- Tuesday: 70 min flat ride
- Thursday: 40 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: 80 min ride – include some elevation
- Thursday: 60 min spin
- Friday: Body Weight Training
- Weekend: 120 min flat ride

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

**Week 6 – June 28th**
- Tuesday: 80 min varied ride
- Thursday: 70 min spin
- Friday: Body Weight Training
- Saturday: 150 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: 80 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: 60 min spin
- Friday: Gentle stretching
- Saturday: EVENT DAY!

*Monday/Wednesday are rest days!*

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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