

Bike MS: Follow the Foothills Metric Century Ride Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
April 19 Off	20 5 miles: Easy	21 8 miles: Hills	22 Off	23 6 Miles: Moderate	24 Off	25 12 Miles: Easy
26 Off	27 5 Miles: Easy	28 9 Miles: Hills	29 Off	30 8 Miles: Moderate	May 1 Off	2 16 Miles: Easy
3 Off	4 6 Miles: Easy	5 8 Miles: Hills	6 Off	7 8 Miles: Moderate	8 6 Miles: Moderate	9 19 Miles: Easy
10 Off	11 7 Miles: Easy	12 9 Miles: Hills	13 Off	14 8 Miles: Moderate	15 8 Miles: Moderate	16 22 Miles: Easy
17 Off	18 8 Miles: Easy	19 10 Miles: Hills	20 Off	21 9 Miles: Moderate	22 9 Miles: Moderate	23 25 Miles: Easy
24 Off	25 8 Miles: Easy	26 11 Miles: Hills	27 Off	28 9 Miles: Moderate	29 10 Miles: Moderate	30 30 Miles: Easy
31 Off	June 1 9 Miles: Easy	2 12 Miles: Hills	3 Off	4 10 Miles: Moderate	5 11 Miles: Moderate	6 32 Miles: Easy
7 Off	8 9 Miles: Easy	9 14 Miles: Hills	10 Off	11 11 Miles: Moderate	12 12 Miles: Moderate	13 34 Miles: Easy
14 Off	15 10 Miles: Easy	16 15 Miles: Hills	17 Off	18 11 Miles: Moderate	19 14 Miles: Moderate	20 37 Miles: Easy
21 Off	22 11 Miles: Easy	23 14 Miles: Hills	24 Off	25 15 Miles: Moderate	26 15 Miles: Moderate	27 40 Miles: Easy
28 Off	29 12 Miles: Easy	30 12 Miles: Hills	July 1 Off	2 15 Miles: Moderate	3 14 Miles: Moderate	4 40 Miles: Easy
5 12 Miles: Easy	6 11 Miles: Hills	7 Off	8 12 Miles: Easy	9 Off	10 Bike MS: Follow the Foothills	REST Thank you See you next year!