



## Training Ride Schedule

**All training rides start from the Eldorado Park West Community Center Parking Lot near the corner of Spring and Studebaker Streets.**

**Always bring a helmet, spare tube, tire irons, two full water bottles, money / ATM card, ID and snack or energy bars to all training rides.**

Week	Date & Time	Century Ride Distance	62 Mi. Distance	30 Mile Distance	Total Hours	Ride Hours	Climbing Feet	Skill Focus	Terrain	Sun Below Pace	Tues Above Pace	Wed / Thurs At Pace	Weekly Miles (100)	Weekly Miles (62)	Weekly Miles (30)
1	2/25 7:30 AM	12	12	12	1.75	1.50	0	Safety & Rules of the Road Bike Fit & Riding Position	Flat	10	0	5	27	27	27
2	3/4 7:30 AM	20	15	15	2.25	2.00	0	Group Riding Cycling Clothing	Flat	10	0	5	35	30	30
3	3/11 7:30 AM	25	20	18	2.25	2.00	0	Pacelining	Flat	10	0	10	45	40	38
4	3/18 7:30 AM	35	25	20	2.75	2.50	500	Pre Ride: Nutrition Post Ride: Changing Flats	Flat	15	0	10	60	50	45
5	3/25 7:30 AM	45	30	22	3.25	3.00	800	Fast Bike maintenance Pack for SAG	Flat	15	0	10	70	55	47
6	4/1 7:30 AM	55	35	24	3.75	3.50	1200	Hills Cornering, Gears	Flat	20	0	10	85	65	54
7	4/8 7:30 AM	65	40	25	4.00	3.75	950	Men's & Women's issues	Flat	20	0	10	95	70	55
8	4/15 7:30 AM	75	45	25	4.25	4.00	900	Nutrition & Hydration	Flat	20	0	10	105	75	55
9	4/22 7:30 AM	80	50	30	4.75	4.25	1500	Speed Workouts	Some Hills	25	0	10	115	85	65
10	4/29 7:30 AM	85	55	30	5.50	5.00	400	Distance Tips	Some Hills	15	10	15	125	95	60
11	5/6 7:30 AM	90	60	30	6.00	5.50	2000	Century Pacing	Some Hills	20	10	15	135	105	65