

## TdSC 36 Mile Ride – 5 Week Training Calendar

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	RIDER'S CHOICE	RIDER'S CHOICE	SPEED RIDE <i>30 minutes</i>  5 – 6 MILES	RIDER'S CHOICE	STEADY RIDE <i>45 minutes</i>  8 MILES	RIDER'S CHOICE	LONG RIDE <i>1 hour</i>  10 – 12 MILES
2	RIDER'S CHOICE	RIDER'S CHOICE	SPEED RIDE <i>40 minutes</i>  7 – 8 MILES	RIDER'S CHOICE	STEADY RIDE <i>50 minutes</i>  8 – 10 MILES	RIDER'S CHOICE	LONG RIDE <i>1 – 1.5 hours</i>  12 – 18 MILES
3	RIDER'S CHOICE	RIDER'S CHOICE	SPEED RIDE <i>45 minutes</i>  8 MILES	RIDER'S CHOICE	STEADY RIDE <i>1 hour</i>  10 MILES	RIDER'S CHOICE	LONG RIDE <i>1.5 – 2 hours</i>  18 – 22 MILES
4	RIDER'S CHOICE	RIDER'S CHOICE	SPEED RIDE <i>30 minutes</i>  5 - 6 MILES	RIDER'S CHOICE	STEADY RIDE <i>45 minutes</i>  8 MILES	RIDER'S CHOICE	LONG RIDE <i>2 – 2.5 hours</i>  24 – 28 MILES
5	RIDER'S CHOICE	RIDER'S CHOICE	SPEED RIDE <i>45 minutes</i>  8 MILES	RIDER'S CHOICE	STEADY RIDE <i>20 – 30 minutes</i>  5 MILES	RIDER'S CHOICE	OCT. 25 <b>Tour de Summer Camps!</b>