

## TdSC Metric Century – 5 Week Training Calendar

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	RIDER'S CHOICE	RIDER'S CHOICE	SPEED RIDE <i>1.25 hours</i>  10 – 15 MILES	RIDER'S CHOICE	STEADY RIDE <i>1.75 hours</i>  15 – 20 MILES	RIDER'S CHOICE	LONG RIDE <i>2.5 – 3 hours</i>  35 – 40 MILES
2	RIDER'S CHOICE	RIDER'S CHOICE	SPEED RIDE <i>1.5 hours</i>  15 – 18 MILES	RIDER'S CHOICE	STEADY RIDE <i>2 hours</i>  20 – 25 MILES	RIDER'S CHOICE	LONG RIDE <i>3 – 3.5 hours</i>  40 – 45 MILES
3	RIDER'S CHOICE	RIDER'S CHOICE	SPEED RIDE <i>1.75 hours</i>  18 – 21 MILES	RIDER'S CHOICE	STEADY RIDE <i>2.25 hours</i>  25 – 30 MILES	RIDER'S CHOICE	LONG RIDE <i>3.5 – 4 hours</i>  45 – 50 MILES
4	RIDER'S CHOICE	RIDER'S CHOICE	SPEED RIDE <i>1.25 hours</i>  10 – 15 MILES	RIDER'S CHOICE	STEADY RIDE <i>2 hours</i>  20 – 25 MILES	RIDER'S CHOICE	LONG RIDE <i>4 – 4.5 hours</i>  50 – 55 MILES
5	RIDER'S CHOICE	RIDER'S CHOICE	SPEED RIDE <i>1 hour</i>  10 – 15 MILES	RIDER'S CHOICE	STEADY RIDE <i>1.5 hours</i>  15 MILES	RIDER'S CHOICE	OCT. 25 <b>Tour de Summer Camps!</b>