



Traditional Tri-State Trek Training Guide

A few things to keep in mind:

This is a great cross-training schedule designed to provide you with a variety of activities to keep you active and outdoors. Remember, you're doing something incredible for your community, the ALS community, and yourself.

This schedule is designed for the person with an ideal schedule that allows for time to train after work and on the weekends. Since none of us live this lifestyle, you should look at your calendar and try to implement this routine into your daily life as best as possible.

This training schedule assumes a gradual increase in exercises and time on the bike. Squats, lunges, calf raises, pushups and sit-ups should all be done in sets of three. Start small and increase the number of repetitions gradually. If you can only do 1 or 2 sit-ups, then start with 1 or 2 and see how quickly it takes until you're at 5 or 6!

Time on the bike (saddle time) will be crucial to your success in this event. Block off space on your calendar and commit to your rides. Get a good night's sleep the night before and give yourself enough time in the morning to eat a good breakfast.

SPIN

Many of us live in cold climates where ice and snow make for tough outdoor riding conditions. If you're able, buy a spin bike for indoor riding at home. Or join a gym with spinning classes. Saddle time counts indoor or outdoor.

Your eating and drinking habits before, during, and after your rides will be critical to your success.

EAT

Eat a good meal before you go out on your ride, and bring snacks with you to munch on as you ride

DRINK

You want to be drinking at least 16oz. of water and at least 8oz. of sports drink for every hour you're on the bike. A good rule of thumb to remember while you're riding; eat when you're not hungry and drink when you're not thirsty. If you wait until you're hungry to eat your body won't have the energy needed to digest the food. If you wait until you're thirsty to drink you'll already be dehydrated.

GOOD LUCK AND TRAIN HARD!

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TRAINING GUIDE

WEEKS 1 to 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weeks 1 to 3	5-10 Minutes Stretch	5-10 Minutes Stretch	5-10 Minutes Stretch	5-10 Minutes Stretch	5-10 Minutes Stretch	Get Outside and Play Ride your bike, rollerblade, mountain bike, go for a run, play basketball, or go for a long walk. Be active for at least 1-2 hours. Cool down with a relaxing stretch.	Rest
	15 Minute Light Warm up Run	3 Sets Pushups	15 Minute Light Warm up Run	3 Sets Pushups	15 Minute Light Warm up Run		
	Squats		Squats		Squats		
	Lunges	3 Sets Crunches	Lunges	3 Sets Crunches	Lunges		
	Calf Raises		Calf Raises		Calf Raises		
	30 Minute Bike Ride (Light Pace)	Long Stretch	30 Minute Bike Ride (Light Pace)	Long Stretch	30 Minute Bike Ride (Light Pace)		
	3 Sets Pushups		3 Sets Pushups		3 Sets Pushups		
	3 Sets Crunches		3 Sets Crunches		3 Sets Crunches		
Cool Down & Stretch	Cool Down & Stretch		Cool Down & Stretch				
Week 4	Get Outside and Play Ride your bike, rollerblade, mountain bike, go for a run, play basketball, or go for a long walk. Be active for at least 1-2 hours. Cool down with a relaxing stretch.	Rest	Get Outside and Play Ride your bike, rollerblade, mountain bike, go for a run, play basketball, or go for a long walk. Be active for at least 1-2 hours. Cool down with a relaxing stretch.	Rest	Get Outside and Play Ride your bike, rollerblade, mountain bike, go for a run, play basketball, or go for a long walk. Be active for at least 1-2 hours. Cool down with a relaxing stretch.	1-2 Hour Ride	Rest

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WEEKS 5 to 8

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weeks 5 to 7	5-10 Minutes Stretch	5-10 Minutes Stretch	5-10 Minutes Stretch	5-10 Minutes Stretch	5-10 Minutes Stretch	Week 5 2 Hour Ride Week 6 2-3 Hour Ride Week 7 3 Hour Ride	Rest
	30 Minute Run or 1 Hour Walk	Spin Class or Aerobic Class	30 Minute Run or 1 Hour Walk	Spin Class or Aerobic Class	30 Minute Run or 1 Hour Walk		
	Squats		Squats		Squats		
	Lunges	3 Sets Crunches 3 Sets Pushups	Lunges	3 Sets Crunches 3 Sets Pushups	Lunges		
	Calf Raises 3 Sets Pushups 3 Sets Crunches	Long Stretch	Calf Raises 3 Sets Pushups 3 Sets Crunches	Long Stretch	Calf Raises 3 Sets Pushups 3 Sets Crunches		
	Cool Down & Stretch		Cool Down & Stretch		Cool Down & Stretch		
Week 8	Get Outside and Play Ride your bike, rollerblade, mountain bike, go for a run, play basketball, or go for a long walk. Be active for at least 1-2 hours. Cool down with a relaxing stretch.	Rest	Get Outside and Play Ride your bike, rollerblade, mountain bike, go for a run, play basketball, or go for a long walk. Be active for at least 1-2 hours. Cool down with a relaxing stretch.	Rest	Get Outside and Play Ride your bike, rollerblade, mountain bike, go for a run, play basketball, or go for a long walk. Be active for at least 1-2 hours. Cool down with a relaxing stretch.	3 Hour Ride	1 Hour Ride

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TRAINING GUIDE

WEEKS 9 to 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Weeks 9 to 11	5-10 Minutes Stretch	5-10 Minutes Stretch	5-10 Minutes Stretch	5-10 Minutes Stretch	5-10 Minutes Stretch	Week 9 4 Hour Ride Week 10 6 Hour Ride Week 11 6 Hour Ride	Week 9 1 Hour Ride Week 10 1 Hour Ride Week 11 2 Hour Ride
	15 Minute Light Warm up Run	15 Minute Run or ½ Hour Walk	15 Minute Light Warm up Run	15 Minute Run or ½ Hour Walk	15 Minute Light Warm up Run		
	Squats Lunges Calf Raises		Squats Lunges Calf Raises		Squats Lunges Calf Raises		
	Take a spin class	3 Sets Crunches 3 Sets Pushups	Take a spin class	3 Sets Crunches 3 Sets Pushups	Take a spin class		
	3 Sets Pushups 3 Sets Crunches	Long Stretch	3 Sets Pushups 3 Sets Crunches	Long Stretch	3 Sets Pushups 3 Sets Crunches		
	Cool Down & Stretch		Cool Down & Stretch		Cool Down & Stretch		
Week 12	1-2 Hour Ride	Rest	Rest	Rest	1-2 Hour Ride	6 Hour Ride	2-3 Hour Ride

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THREE MONTH RIDE GUIDE

	Day 1	Day 2	Day 3
Week 1	1-2hrs	XX	XX
Week 2	1-2hrs	XX	XX
Week 3	1-2hrs	XX	XX
Week 4	1-2hrs	10 miles	XX
Week 5	25 miles	10 miles	XX
Week 6	35 miles	20 miles	XX
Week 7	40 miles	20 miles	5 miles
Week 8	45 miles	20 miles	5 miles
Week 9	50 miles	30 miles	20 miles
Week 10	60 miles	45 miles	20 miles
Week 11	70 miles	50 miles	40 miles
Week 12	80 miles	70 miles	50 miles
Tri-State Trek	100miles	95miles	75 miles

If possible, ride days should be back-to-back to get used to riding multiple days in a row.

Always Remember:

- 1) BE SAFE! - Wear a properly fitted ANSI or SNELL bike helmet. Never wear headphones. Obey all traffic signals and rules of the road. Carry a cell phone, ID, and cash.
- 2) Your Reason for Riding - Think about why you are riding the Trek and remember it. Let it motivate you. There will be days when you don't want to get out of bed and ride, and there will be times when you don't think you can climb that big hill - at these times remember your reason for riding and let it carry you.
- 3) Stay Hydrated - Drink plenty of water and plenty of sports drinks! Water by itself is dangerous, and sports drink by itself will not properly hydrate you. When you're on your bike you should drink at least 1-16oz. bottle of water every hour, and 1-8oz. bottle of sports drink every hour. Don't wait until you're thirsty to start drinking, because then it is too late. Drink early and drink often. Drink when you're not thirsty.
- 4) Eat - If you're riding you should be eating. If you've signed up for this event to get back into shape and lose weight that's fantastic; many people use these organized rides as a way to motivate themselves and set achievable goals. But don't use your time on the bike as your dieting time. If you don't keep your body well fed, you won't have the energy to ride anywhere. Eat early and eat often. Eat when you're not hungry.
- 5) Have Fun - You're doing something great for your community, for humankind and for yourself. Remember that and have a great time!



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