

# GETTING READY FOR THE RIDE

THE FOLLOWING IS A SUGGESTED TRAINING SCHEDULE.

The Michigander Bicycle Tour suggests that you and your bike come prepared for a challenge. The best ways to get your body ready for the challenge is to ride, ride, and RIDE. Start riding in spring or early summer riding 1-2 times a week gradually increasing to 2-3 times a week and increasing your time and distance each week. Close to the ride, do back-to-back days of approximately 40 miles each day. An important thing is to get what we call seat time. Spend time on the bike to get your seat in condition for sitting long periods of time on a bicycle seat.

The following is a suggested training schedule. Depending on your condition and ability you may have to adjust to what works for you. Ride unpaved as well as paved surfaces to better simulate Michigander. This information will also be in the Ride Guide that you receive in your confirmation packet when you sign up for the Michigander

A mountain bike or a hybrid (mountain/road) bike is recommended if you are going to ride the trails. The trails surfaces can be anywhere from unimproved, gravel or paved, and the road surface can be gravel or paved. Check at your local bike shop for recommendations on tires.

Road bike option, you may use a road bike. The road surface will be paved road.

## **MAY**

### Weeks 1 and 2

Day 1 - Ride 10 mi.  
Day 2 - Ride 12 mi.  
Day 3 - Ride 20 mi.

### Weeks 3 and 4

Day 1 - Ride 12 mi.  
Day 2 - Ride 15 mi.  
Day 3 - Ride 30 mi.

## **JUNE**

Day 1 - Ride 15 mi.  
Day 2 - Ride 15 mi.  
Day 3 - Ride 15 mi.  
Day 4 - Ride 40 mi. (week 1)  
45 mi (week 2), 50 mi. (week 3)  
50 mi.(week 4)

## **JULY**

Same as June up to the ride.  
Early in July do a back-to-back of 40-50 mi.  
each day