



This schedule will prepare you to ride 100K or 62.2 miles. Long rides are on Saturdays. Don't miss them. Do the miles and record your time. This will give you an idea how long the **Stenholm 100K Ride** will take.

You can choose to ride for time or for distance during the week, whichever is easiest. If you can add one more day of riding, make it on Thursday, about 10 miles as fast as you can. Make sure that your Wednesday ride is SLOW if you do this!

We have also decided to have a 20 mile fun ride and a kids ride too..... Jim's son Spencer want's to ride like his Dad did.

Anyone with any questions can email me through city email or call!

Michelle Thiry
602-309-6915

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August						1
2	3	4	5	6	7	8 20 miles
9	10 40 min or 10 miles	11	12 40 min or 10 miles	13	14	15 25 miles
16	17 40min or 10 miles	18	19 45 min or 12 miles	20	21	22 30 miles
23	24 45 min or 12 miles	25	26 45 min or 12 miles	27	28	29 35 miles
30	31 45 min or 12 miles					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September		1	2 50 min or 14 miles	3	4	5 40 miles
6	7 50 min or 14 miles	8	9 50 min or 14 miles	10	11	12 45 miles
13	14 50 min or 14 miles	15	16 60 min or 16 miles	17	18	19 50 miles
20	21 60 min or 16 miles	22	23 1 hr 15 min 20 miles	24	25	26 55 miles
27	28 60 min 16 miles	29	30 1 hr 15 min 20 miles			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
October				1	2	3 60 Miles
4	5 1hr 15min 20 miles	6	7 1hr 15min 20 miles	8	9	10 40 miles
11	12 1hr 15min 20 miles	13	14 1hr 15min 20 miles	15	16	17 40 miles
18	19 50 min 15 miles	20	21 50 min 15 miles	22	23	24 Stenholm 100K/20M
25	26	27	28	29	30	31

