



## PMC Long Ride Schedule 2014 for both 1 and 2-day events

**Winter base rides:** 2-3 days/week of 45 or 60 minute rides indoors in an indoor cycling class will help maintain/improve your aerobic base conditioning prior to your long rides once outdoor riding conditions improve.

**Spring week-day rides:** 2-3 medium distance rides (10-20 miles) should be done during the week, excluding the long ride schedules below.

**Summer week-day rides:** 3-4 medium distance rides must be done during the week to compliment the long ride schedule below.

### Long Ride Schedule

(1 day ride to Wellesley)

Week	Distance	Date
1	15 miles	May 10
2	20 miles	May 17
3	25 miles	May 24
4	20 miles	May 31
5	30 miles	June 7
6	20 miles	June 14
7	35 miles	June 21
8	30 miles	June 28
9	40 miles	July 5
10	30 miles	July 12
11	45 miles	July 19
12	25 miles	July 26
13	PMC	August 2

### Long Ride Schedule

(1 day ride to Bourne)

Week	Distance	Date
1	30 miles	May 10
2	40 miles	May 17
3	35 miles	May 24
4	45 miles	May 31
5	50 miles	June 7
6	45 miles	June 14
7	60 miles	June 21
8	50 miles	June 28
9	70 miles	July 5
10	50 miles	July 12
11	80 miles	July 19
12	40 miles	July 26
13	PMC	August 2

### Long Ride Schedule (2 day events)

Week	Distance	Date
1	30 miles	May 10
2	40 miles	May 17
3	50 miles	May 24
4	60 miles	June 1
5	50 miles (Sat), 40 miles (Sun)	June 7, June 8
6	70 miles	June 14
7	80 miles (Sat), 50 miles (Sun)	June 21, June 22
8	60 miles	June 28
9	90 miles (Sat), 60 miles (Sun)	July ,5 July 6
10	80 miles	July 12
11	50 miles	July 19
12	70 miles	July 26
13	PMC	August 2, August 3