BEGINNER 20 Week Training Program for WAM 300 Preparation, Provided by Athletic Mentors

	WEEK #1	MONDAY Recovery Day	TUESDAY ENDURANCE RIDE	WEDNESDAY ONE LEG PEDALING	THURSDAY ENDURANCE RIDE	FRIDAY Recovery Day	SATURDAY ONE LEG PEDALING	SUNDAY GROUP RIDE OF ENDURANCE RIDE	WEEKLY TIME	
		Either take a total rest day OR you can ride no more then 1 hour	Ride ZONE 2 or PE 10-13 for whole ride.	WARM UP Ride easy 10-20 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	Either take a total rest day OR you can ride no more then 1 hour	WARM UP Ride easy 10-20 minutes	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.		
		with in ZONE 1 or 7-10 on Perceived Exertion Scale		INTERVALS		with in ZONE 1 or 7-10 on Perceived Exertion Scale	INTERVALS			
		Perceived Exercion Scale		# of Ints = 6		Perceived exercion Scale	# of Ints = 6			
				Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30			Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left			
				sec left leg Rest Between Ints = 2 min			leg Rest Between Ints = 2 min (spinning			
	Description			(spinning easy at high cadence			easy at high cadence 100+ rpm's) Cadence = 80-90			
				100+ rpm's) Cadence = 80-90			Target Intensity = ZONE 2 or 11-12 on			
				Target Intensity = ZONE 2 or 11- 12 on Perceived Exertion Scale			Perceived Exertion Scale			
				COOL DOWN			COOL DOWN Ride easy 10-20 minutes			l i
				Ride easy 10-20 minutes						
	Time (hrs)	0	1	1	1	0	1	1.5	5.5	
	WEEK #2	MONDAY Recovery Day	TUESDAY ENDURANCE RIDE	WEDNESDAY ONE LEG PEDALING	THURSDAY ENDURANCE RIDE	FRIDAY Recovery Day	SATURDAY ONE LEG PEDALING	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME	
		Either take a total rest day OR you can ride no more then 1 hour	Ride ZONE 2 or PE 10-13 for whole ride.	WARM UP Ride easy 10-20 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	Either take a total rest day OR you can ride no more then 1 hour	WARM UP Ride easy 10-20 minutes	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.		
		with in ZONE 1 or 7-10 on Perceived Exertion Scale		INTERVALS		with in ZONE 1 or 7-10 on Perceived Exertion Scale	INTERVALS			
		Telegred Excitori Scare		# of Ints = 6		T CICCIVED EXCITION SCALE	# of Ints = 6			
				Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30			Each Int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left			
	Danasiatian			sec left leg Rest Between Ints = 2 min			Rest Between Ints = 2 min (spinning			
	Description			(spinning easy at high cadence 100+ rpm's)			easy at high cadence 100+ rpm's) Cadence = 80-90			
1				Cadence = 80-90 Target Intensity = ZONE 2 or 11-			Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale			1
Block				12 on Perceived Exertion Scale			COOL DOWN			Block
B				COOL DOWN			Ride easy 10-20 minutes			8
				Ride easy 10-20 minutes						
	Time (hrs)	0 MONDAY	1 TUESDAY	1 WEDNESDAY	1 THURSDAY	0 FRIDAY	1 SATURDAY	1.5 SUNDAY	5.5	
	WEEK #3	Recovery Day	ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	ONE LEG PEDALING WARM UP	ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	Recovery Day	ONE LEG PEDALING WARM UP	GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't	WEEKLY TIME	
		Either take a total rest day OR you can ride no more then 1 hour		WARM UP Ride easy 10-20 minutes	Ride ZONE 2 or PE 10-13 for whole ride.	Either take a total rest day OR you can ride no more then 1 hour	WARM UP Ride easy 10-20 minutes	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.		
		with in ZONE 1 or 7-10 on Perceived Exertion Scale		INTERVALS		with in ZONE 1 or 7-10 on Perceived Exertion Scale	INTERVALS			
				# of Ints = 6 Each Int is = :30 sec right leg, :30			# of Ints = 6 Each Int is = :30 sec right leg, :30 sec			
				sec left leg, :30 sec right leg, :30 sec left leg			left leg, :30 sec right leg, :30 sec left			
	Description			Rest Between Ints = 2 min (spinning easy at high cadence			Rest Between Ints = 2 min (spinning easy at high cadence 100+ rpm's)			
				100+ rpm's)			Cadence = 80-90			
				Cadence = 80-90 Target Intensity = ZONE 2 or 11-			Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale			
				12 on Perceived Exertion Scale			COOL DOWN			
				COOL DOWN Ride easy 10-20 minutes			Ride easy 10-20 minutes			
	Time (hrs) WEEK #4	0 MONDAY	1.25 TUESDAY	WEDNESDAY	1.25 THURSDAY	0 FRIDAY	SATURDAY	1.5 SUNDAY	WEEKLY TIME	1
		Recovery Day TOTAL REST DAY!	RECOVERY RIDE Ride 1 hour in ZONE 1 or 7-10 on	RECOVERY RIDE Ride 1 hour in ZONE 1 or 7-10 on	TOTAL REST DAY!	Recovery Day TOTAL REST DAY!	RECOVERY RIDE Ride 1 hour in ZONE 1 or 7-10 on	Do group ride if possible. If you can't		1
	Danasiatian.		Perceived Exertion Scale. Stay in small chain ring at all times. Ride	Perceived Exertion Scale. Stay in small chain ring at all times. Ride			Perceived Exertion Scale. Stay in small chain ring at all times. Ride a	ride in ZONE 2 for whole ride.		
	Description		a flat course if possible.	a flat course if possible.			flat course if possible.			
	Time (hrs)									
		0	1	1	0	0	1	1	4	-
	WEEK #5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	1 SATURDAY ONE LEG PEDALING	SUNDAY	4 WEEKLY TIME	
	WEEK #5	MONDAY Recovery Day Either take a total rest day OR	TUESDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDALING WARM UP	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day OR	ONE LEG PEDALING WARM UP	SUNDAY GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't	4 WEEKLY TIME	
	WEEK #5	MONDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	TUESDAY ENDURANCE RIDE	WEDNESDAY ONE LEG PEDALING WARM UP Ride easy 10-20 minutes	THURSDAY ENDURANCE RIDE	FRIDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	ONE LEG PEDALING WARM UP Ride easy 10-20 minutes	SUNDAY GROUP RIDE or ENDURANCE RIDE	4 WEEKLY TIME	
	. WEEK #5	MONDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour	TUESDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS # of Ints = 6	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour	ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS N of Ints = 6	SUNDAY GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't	4 WEEKLY TIME	
	. WEEK #S	MONDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	TUESDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS if of ints = 6 Each int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS	SUNDAY GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't	4 WEEKLY TIME	
		MONDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	TUESDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS Is of ints = 6 Each int is = 30 sec right leg; 30 sec left leg; 30 sec right leg; 30 sec left leg Rest Between Ints = 2 min	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS # of ints = 6 Each int is = :30 sec right leg, :30 sec left leg, :30 sec right leg, :30 sec left leg # Rest Between ints = 2 min (spinning)	SUNDAY GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't	4 WEEKLY TIME	
	Description	MONDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	TUESDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS ar of ints = 6 Each Int is = 30 sec right leg, :30 sec left leg, :30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100+ pm*s)	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS a for first = 6 Each Int is = 30 sec right leg, :30 sec left leg, :30 sec left leg Rest Between ints = 2 min (spinning easy at high cadence 100+ rpm's) Cadence = 809 Cadence = 800	SUNDAY GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't	4 WEEKLY TIME	
		MONDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	TUESDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	WIDNESDAY ONE LEG PDALING WARM UP Ride easy 10-20 minutes INTERVALS a of ints = 6 Each int is = 30 sec right leg; :30 sec left leg; :30 sec right leg; :30 sec left leg; :30 sec right leg; :30 sec left leg Rest Between ints = 2 min (spinning easy at high cadence 100+ rpm's) Cadence = 80-90	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	WARM UP Ride easy 10-20 minutes INTERVALS If of ints = 30 sec right leg, -30 sec left leg, -30 sec right leg, -30 sec left leg Rest Between Ints = 2 min (spinior) Rest Between Ints = 2 min (spinior) Rest Between Ints = 2 min (spinior)	SUNDAY GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't	4 WEEKLY TIME	
		MONDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	TUESDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS ar of ints = 6 Each Int is = 30 sec right leg, :30 sec left leg, :30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100+ pm*s)	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS of Inits = 6 of Inits = 7 of Inits	SUNDAY GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't	4 WEEKLY TIME	
		MONDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	TUESDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEGEPEDATION WARN LIP Made easy 10.20 minutes INTERVALS at of lints -6 Each int is = 30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec left leg, 30 sec leght leg, 30 sec left leg, 30 sec right leg, 30 Topiching easy at high adence 100- prins') Cadence = 800 Target Intensity = 20NE 2 or 11- 2 on Perceived Exertion Scale COOL DOWN	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	MRE LEG PEDALING WARM LIP Ride easy 10-20 minutes INTERVALS as of ints = 6 Each Int is = :30 sec right leg, :30 sec left leg, :30 sec lef	SUNDAY GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't	4 WEEKLY TIME	
	Description	MONDAY Recovery Day Either take a total rest day off you can die no move then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	TUTSDAY ENDURANCE RDE RIde ZOME 2 or PE 10-13 for whole ride.	WEDNESDAY WEED LEGENDAY WASHA LIP Mide easy 10.20 minutes INTERVALS As of Ints -6 Legh hit is -30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec left leg and sec left leg, 30 sec left leg, 30 Cadence -80-90 Target internity -2 TOM 2 or 11- 12 on Perceived Exertion Scale	THURSDAY ENDURACE IDIC RIGE ZONE 2 or PE 10-13 for whole ride.	FRIDAY Recovery Day Either take a total rest day oft you can dee nome then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	MNE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS # of Ints = 6 Each int is = 30 sec right leg. 30 sec left leg. 30 sec right leg. 30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100 or pm*s) Cadence = 80 90 Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale COOL DOWN	SUNDAY GROUP RIDE OF KOULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.		
		MONDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	TUESDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY WESTERPOLATION WASNA UP Rude easy 10.20 minutes INTERVALS at of lints 6 Each int 8 = 30 sec right leg, 30 sec left leg, 30 sec leght leg, 30 sec left leg, 30 sec leght leg, 30 sec left leg, 30 sec right leg, 30 sec left leg, 30 sec left leg, 30 sec left leg, 30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec le	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	MNE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS # of Ints = 6 Each int is = 30 sec right leg. 30 sec left leg. 30 sec right leg. 30 sec left leg Rest Between Ints = 2 min (spinning easy at high cadence 100 or pm*s) Cadence = 80 90 Target Intensity = ZONE 2 or 11-12 on Perceived Exertion Scale COOL DOWN	SUNDAY GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't	4 WEEKLY TIME	
	Description Time (hrs)	MONDAY Recovery Day Either take a total rest day OR you can dien on more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	TUSSANZ ENDIGATE BIDE RIGE ZONE 2 or PE 10-13 for whole ride.	WEDNESDAY WEED PEDAING WASH LIP Mide easy 10 20 minutes INTERVALS at of list 5 – 230 sec right leg. 30 sec left leg. 30 sec right leg. 30 lef	THURSDAY NO THURSD	RECOMP DAY Recovery Day Either take a total rest day of R you can deen once then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale On Perceived Exertion Scale FRIDAY RECOVERY DAY RECOVERY DAY	ONE LEG PEDALING WARM UP Ride easy 10-20 minutes NITEMALS If of Ints = 6 Each in it is -30 see right leg. 30 see left leg leg leg leg leg -30 see left leg easy at high cadence 300- gmm's Cadence = 80-90 Target Intensity = ZONE 2 or 11-12 on Perceived Earth of Scale COOL DOWN Ride easy 10-20 minutes	SUNDAY GROUP RIDE OF KOULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KOULANCE RIDE	6.25	
	Description Time (hrs)	MONDAY Recovery Day Either take a total rest day 0R you can den on once then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale Once the Control of the Contro	TUTSDAY RNUPMACE NDC Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUTSDAY TRUSDAY TRUSDAY	WEDNESDAY ONE LEG PEDAING WASHA LIP GROWN LIP MINE CONTINUES INTERVALS as of Ints -6 Lech Int is -30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec left leg Reat Retween Ints -2 mine 1 Continues 10 sec left leg, 30 sec left leg Reat Retween Ints -2 mine 1 Codence -80-90 Target Internity -2 NOM 2 or 11- 12 on Perceived Evertion Scale COOL DOWN Ride easy 10 20 minutes LE WIDNESDAY ONE LEG PEDAING	THURSDAY ENDURANCE RIDE RIDE ZONE 2 OF E 10-13 for whole ride. 1.25 THURSDAY ENDURANCE RIDE	RECORP DAY RECORP DAY Either take a total rest day 0R you can dee nome then 1 hour with in 20NE 1 or 7:10 on Perceived Exertion Scale 0 FROMY	ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS If of Ints = 6 Each int is = -30 sec right leg30 sec left leg. Rest Between ints = 2 min (spinning easy at high cadence 100° prin's) Cadence = 60-90 Target Intensity = 20NE 2 or 11-12 on Perceived Earthon Scale COOL DOWN Ride easy 10-20 minutes 1 SATURDAY ONE LEG PEDALING	SUNDAY GROUP RIDE OF KOULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY	6.25	
	Description Time (hrs)	MONDAY Recovery Day Either take a total rest day of R you can den on once then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale On MONDAY Recovery Day Either take a total rest day of Either take a total rest day of Either take a total rest day of	TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSANY TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDAINO MASHA UP Mide easy 10-20 minutes INTERVALS at of first 5 each int is -30 sec right leg, 30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec left leg, 30 se	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY THURSDAY RIGE ZONE 2 or PE 10-13 for	RECOMP DAY Recovery Day Either take a total rest day of R you can die no noise then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale FROM RECOVERY DAY RECOVERY DAY Either take a total rest day of Either take a total rest day of Either take a total rest day of	MARA UP Ride easy 10-20 minutes NOTEROPALS at of Ints = 6 Each int is = 30 sec right leg. 30 sec left leg Each leg = 30 sec right leg. 30 sec left leg Rest Between ints = 2 min (spinning easy at high cadence 100° rpm's) Cadence = 80-90 Target Intensity = ZONE 2 or 11-12 on Perceived Earthon Scale COOL DOWN Ride easy 10-20 minutes NOTEROPY ONE LEG PEPCALING WARAN UP Ride easy 10-20 minutes NATEROALS	SUNDAY GROUP RIDE of KNUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE or KNUBANCE RIDE GROUP	6.25	
	Description Time (hrs)	MONDAY Recovery Day Either take a total rest day 0R you can die no move then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale ON MONDAY Either take a total rest day 0R you can die no more then 1 hour pur day on the take you will be to the total day on the total or to	TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSANY TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDAINO WASH UP Mide easy 10-20 minutes INTERVALS of offits 5 each int is -30 sec right leg, 30 sec right leg, 30 sec left leg. 30 sec legt legt legt legt legt legt legt leg	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY THURSDAY RIGE ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day 0R you can den onew then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale OF FRIDAY ERCOVERY Day Either take a total rest day 0R you can die no more then 1 hour hand no more then 1 hour hand no more then 1 hour his ZONE 1 or 7-10 on	ONE LEG PEDALING WARM UP Ride easy 10-20 minutes NTERVALS of of Inits 6 of Inits 7 of Inits 6 of Inits 7 of Inits 6 of Inits 7 of I	SUNDAY GROUP RIDE of KNUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE or KNUBANCE RIDE GROUP	6.25	
	Description Time (hrs)	MONDAY Recovery Day Either take a total rest day 0R you can die no move then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale ON MONDAY Either take a total rest day 0R you can die no more then 1 hour pur day on the take you will be to the total day on the total or to	TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSANY TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDAINO WASH UP Mide easy 10-20 minutes INTERVALS of offists 6 Each int is = 30 sec right leg, 30 sec left leg, 30 sec leght leg, 30 sec left leg, 30 sec right leg, 30 WEDNESDAY WEDNESDAY WEDNESDAY WEDNESDAY NASH UF LEG PEDALING WASH UF Sec left leg, 30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec left leg, 30 sec left leg, 30	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY THURSDAY RIGE ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day 0R you can den onew then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale OF FRIDAY ERCOVERY Day Either take a total rest day 0R you can die no more then 1 hour hand no more then 1 hour hand no more then 1 hour his ZONE 1 or 7-10 on	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 see right leg_ :30 see left leg_ :30 see left leg_ :30 see right leg_ :30 see left leg_ :30 see l	SUNDAY GROUP RIDE of KNUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE or KNUBANCE RIDE GROUP	6.25	
	Description Time (hrs)	MONDAY Recovery Day Either take a total rest day 0R you can die no move then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale ON MONDAY Either take a total rest day 0R you can die no more then 1 hour pur day on the take you will be to the total day on the total or to	TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSANY TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDALING WASHA UP Mide easy 10 20 minutes INTERVALS of offists 5 each int is = 30 sec right leg, 30 sec right leg, 30 sec left leg, 40 se	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY THURSDAY RIGE ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day 0R you can den onew then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale OF FRIDAY ERCOVERY Day Either take a total rest day 0R you can die no more then 1 hour hand no more then 1 hour hand no more then 1 hour his ZONE 1 or 7-10 on	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 of Inits = (3 ose right leg, 30 sec left leg, 30 sec	SUNDAY GROUP RIDE of KNUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE or KNUBANCE RIDE GROUP	6.25	
2	Description Time (hrs) WEEK #6	MONDAY Recovery Day Either take a total rest day 0R you can die no move then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale ON MONDAY Either take a total rest day 0R you can die no more then 1 hour pur de move then 1 hour monday Either take a total rest day 0R you can die no more then 1 hour his ZONE 1 or 7-10 in on	TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSANY TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDALING WASNA UP Mide easy 10 20 minutes INTERVALS of of his 5 - Each int is = 30 sec right leg, 30 sec left leg. 30 se	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY THURSDAY RIGE ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day 0R you can den onew then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale OF FRIDAY ERCOVERY Day Either take a total rest day 0R you can die no more then 1 hour hand no more then 1 hour hand no more then 1 hour his ZONE 1 or 7-10 on	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 of Inits = (3.0 sec right leg, 30 sec left leg, 30 sec left leg, 30 sec right leg, 30 sec left leg, 30	SUNDAY GROUP RIDE of KNUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE or KNUBANCE RIDE GROUP	6.25	2
ck 2	Description Time (hrs) WEEK #6	MONDAY Recovery Day Either take a total rest day 0R you can die no move then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale ON MONDAY Either take a total rest day 0R you can die no more then 1 hour pur de move then 1 hour monday Either take a total rest day 0R you can die no more then 1 hour his ZONE 1 or 7-10 in on	TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSANY TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDALING WARSH LIP And leavy 10 20 minutes INTERVALS at of lints = 3.0 sec right leg. 30 sec left leg. 30 sec right leg. 30 Leg left leg. 30 sec right leg. 30 Leg left leg. 30 sec right leg. 30 Leg left leg	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY THURSDAY RIGE ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day 0R you can den onew then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale OF FRIDAY ERCOVERY Day Either take a total rest day 0R you can die no more then 1 hour hand no more then 1 hour hand no more then 1 hour his ZONE 1 or 7-10 on	ONE LEG PEDALING WARM UP Ride easy 10-20 minutes INTERVALS of of ints - 6 ach int is - 30 sec right leg. 30 sec left leg. 30 sec reght leg. 30 sec left leg. 30 sec reght leg. 30 sec left leg.	SUNDAY GROUP RIDE of KNUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE or KNUBANCE RIDE GROUP	6.25	2
Block 2	Description Time (hrs) WEEK #6	MONDAY Recovery Day Either take a total rest day 0R you can die no move then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale ON MONDAY Either take a total rest day 0R you can die no more then 1 hour pur de move then 1 hour monday Either take a total rest day 0R you can die no more then 1 hour his ZONE 1 or 7-10 in on	TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSANY TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY WEST PERSAING WASN UP Ride easy 10 20 minutes INTERVALS ### of this 5 - Each Int 8 = 30 sec right leg, 30 sec left leg, 30 sec right leg, 30 Target Internity > 20NE 2 or 11- 20 on Pretreved Exertion Scale COOL DOWN Ride easy 10 20 minutes NUEDNESDAY WASNU UP Ride easy 10 20 minutes INTERVALS de finis 5 - 30 sec right leg, 30 ex left leg, 30 sec right leg, 30 Target Internity > 20NE 2 or 11- 200 Perseved Exertion Scale COOL DOWN Target Internity > 20NE 2 or 11- 20 on Perceveded Exertion Scale COOL DOWN	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY THURSDAY RIGE ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day 0R you can den onew then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale OF FRIDAY ERCOVERY Day Either take a total rest day 0R you can die no more then 1 hour hand no more then 1 hour hand no more then 1 hour his ZONE 1 or 7-10 on	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 of Inits = (3.0 sec right leg, 30 sec left leg, 30 sec left leg, 30 sec right leg, 30 sec left leg, 30	SUNDAY GROUP RIDE of KNUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE or KNUBANCE RIDE GROUP	6.25	2
Block 2	Description Time (hrs) WEEK #6	MONDAY Recovery Day Either take a total rest day 0R you can die no move then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale ON MONDAY Either take a total rest day 0R you can die no more then 1 hour pur de move then 1 hour monday Either take a total rest day 0R you can die no more then 1 hour his ZONE 1 or 7-10 in on	TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSANY TUSSANY ENDINANCE RIDE Ride ZONE 2 or PE 10-13 for	WEDNESDAY ONE LEG PEDAINO MARSH UP MARSH UP MARSH UP A of Ints -6 A	THURSDAY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY THURSDAY RIGE ZONE 2 or PE 10-13 for	FRIDAY Recovery Day Either take a total rest day 0R you can den onew then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale OF FRIDAY ERCOVERY Day Either take a total rest day 0R you can die no more then 1 hour hand no more then 1 hour hand no more then 1 hour his ZONE 1 or 7-10 on	ONE LEG PEDALING WARRA UP Ride easy 10-20 minutes INTERVALS a of Ints = 6 Each int is = -30 sec right leg30 sec left leg leg Rest Between Ints = 2 min (spinning easy at high cadence 200- rpm's) Cadence = 80-90 Target intensity = ZONE 2 or 11-12 on Perceived Earth of Scale COOL DOWN Ride easy 10-20 minutes ONE LEG PEDALING WARRA UP WARRA UP SATURDAY ONE LEG PEDALING WARRA UP SATURDAY ONE LEG PEDALING WARRA UP RIGHT STATURDAY ONE LEG PEDALING WARRA UP SATURDAY ONE LEG PEDALING WARRA UP	SUNDAY GROUP RIDE of KNUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE or KNUBANCE RIDE GROUP	6.25	
Block 2	Description Time (hrs) WEEK #6 Description	MONDAY Recovery Day Either take a total rest day OR you can dien on newer then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale O MONDAY Recovery Day Either take a total rest day OR you can dien on new then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	TUSSON ENDEMACE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSON ENDEMACE RIDE RIDE ZONE 2 or PE 10-13 for whole ride.	WEDNESDAY ONE LEG PEDAING WASHA LIP Ride easy 10 20 minutes INTERVALS at of lints = 30 sec right leg, 30 sec right leg, 30 sec right leg, 30 sec left leg sec lef	THURSDAY TROUDANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY THU	RECOMP DAY Recovery Day Either take a total rest day OR you can dien on newer then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale 0 FRIDAY RECOVERY Day Either take a total rest day OR Recovery Day up can dien on new then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	WARM UP Ride easy 10-20 minutes INTERVALS of Inits - 6 Each int is - 30 sec right leg. 30 sec left leg. Rest eleveen inits - 2 min (spinning easy at high cadenice 100- pms) Caderice = 80-90 Target Initiative COULD 2 or 11-12 on Perceived Earth on Scale COOL DOWN Ride easy 10-20 minutes MERITARY WARM UP Bide easy 10-20 minutes NTERVALS at of Inits - 6 Each init is - 30 sec right leg. 30 sec left leg. Each init is - 30 sec right leg. 30 sec left leg. Each init is - 30 sec right leg. 30 sec left leg. Rest Between inits - 2 min (spinning easy at high cadenice 100- pms) Target Initiative Codenics - 200- pms) Cadenice = 80-90 Target Initiative 2 DNE 2 or 11-12 on Proceived Earth on Scale COOL DOWN Ride easy 10-20 minutes	SUNDAY GROUP RIDE OF KOULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KOULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25 WEEKLY TIME	Block 2
Block 2	Description Time (hrs) WEEK #6	MONDAY Recovery Day Either take a total rest day of Noyou can die no nove then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale ONDAY MONDAY Recovery Day Either take a total rest day of Noyou can die no nove then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale ONDAY Recovery Day Either take a total rest day of Noyou can die no nove then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale	TUSDAY ENDIPMENT RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSDAY TUSDAY ENDIPMENT RIDE Ride ZONE 2 or PE 10-13 for whole ride.	WEDNESDAY ONE LEG PEDAING WASHA UP RIGH easy 10 20 minutes INTERVALS a of Ints -6 Legh int is -30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec left leg, 40 sec left	THURSDAY TROUBANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY	FRIDAY FROM THE A TOLI OF THE	WARM UP Ride easy 10-20 minutes INTERVALS is of ints = 6 Each int is = 30 sec right leg. 30 sec left leg. Bace textueen ints = 2 min (spinning easy at high cadence 100- rpm's) Cadence = 80-90 Target intensity = 200E 2 or 11-12 on Precieved Earth of Scale COOL DOWN Ride easy 10-20 minutes MARM UP Ride easy 10-20 minutes NTERVALS and ints = 6 Each int is = 30 sec right leg. 30 sec left leg. 30 sec left leg. 30 sec left leg. 30 sec left leg. 30 sec right leg. 30 sec left leg. 30 sec right leg. 30 sec left leg. 30 sec right leg. 30 sec left leg. 30 sec le	SUNDAY GROUP RIDE OF KOULANCE RIDE 1.75 SUNDAY GROUP RIDE OF CONTROL IT YOU CAN'T ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KOULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25	Block 2
Block 2	Description Time (hrs) WEEK #6 Description	MONDAY Recovery Day Either take a total rest day of No- you can den on once then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale On MONDAY Recovery Day Either take a total rest day of No- you can den on once then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale On MONDAY Recovery Day Either take a total rest day of No- Perceived Exertion Scale On MONDAY Recovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take a total rest day of No- Becovery Day Either take of No- B	TUUSANY ENDURANCE RIDE RIDE ZONE 2 OF PE 10-13 for whole ride. 1.25 TUUSONY RIDE ZONE 2 OF PE 10-13 for whole ride. 1.25 TUUSONY RIDE ZONE 2 OF PE 10-13 for whole ride.	WEDNESDAY ONE LEG PEDALING WASHA UP Mide easy 10 20 minutes INTERVALS of offists 5 each int is = 30 sec right leg, 30 sec right leg, 30 sec left leg, 30 se	THURSDAY ENDURANCE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY RIDE ZONE 2 OF PE 10-13 for whole ride.	RECOMP DAY Recovery Day Either take a total rest day of Noyue can deen once then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale RECOVERY OF THE OF TH	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 o	SUNDAY GROUP RIDE OF KOULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KNOULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25 WEEKLY TIME	Block 2
Block 2	Description Time (hrs) WEEK #6 Description	MONDAY Recovery Day Either take a total rest day o'R you can die no move then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale O MONDAY Ether take a total rest day o'R you can die no more then 1 hour her zone 1 or 2-10 on Perceived Exertion Scale O MONDAY Ether take a total rest day o'R you can die no more then 1 hour her zone 1 or 2-10 on Perceived Exertion Scale O MONDAY Recovery Day Ether take a total rest day o'R O MONDAY Recovery Day Ether take a total rest day o'R O MONDAY Recovery Day Ether take a total rest day o'R Ether take a total rest and rest day o'R Ether take a total r	TUSSONY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSONY ROUGHARDER RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 TUSSONY T	WEDNESDAY ONE LEG PEDALING WASHA UP Mide easy 10 20 minutes INTERVALS If of lists 6 Leach int is = 30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec left leg Rest Between ints = 2 min (goning easy at high cadence 100- puris)	THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for	PRIDAY Recovery Day Recovery Day Either take a total rest day OR you can die no more then a hour with in ZOME 1 or 7-10 on Perceived Exertion Scale OF PRIDAY Ether take a total rest day OR you can die no more then a hour with in ZOME 1 or 7-10 on Perceived Exertion Scale OPPERDAY FRIDAY FRIDAY FRIDAY FRIDAY FRIDAY ERCOVEY Day Ether take 2 total rest day OR OPPERDAY FRIDAY FRIDAY FRIDAY FRIDAY ERCOVEY Day Ether take 2 total rest day OR OPPERDAY FRIDAY FRIDAY FRIDAY FRIDAY ERCOVEY Day Ether take 2 total rest day OR	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 for Inits	SUNDAY GROUP RIDE OF KNULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KNOUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25 WEEKLY TIME	Block 2
Block 2	Description Time (hrs) WEEK #6 Description	MONDAY Recovery Day Either take a total rest day of Noyue and ride no move then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue and ride no move then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue can ride no move then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue can ride no move then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue can did no move then 1 hour with 1 20NE 1 or 7-10 on mode no move the 1 hour with 1 20NE 1 or 7-10 on mode no move the 1 hour with 1 20NE 1 or 7-10 on move 1 1 1 1 1 1 1 1 1 1 1 1	TUSSONY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSONY ROUGHARDER RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 TUSSONY T	WEDNESDAY ONE LEG PEDALING WASHA UP Ride easy 10 20 minutes INTERVALS a of list is 6.25 minutes Leg 130 sec right leg .30 sec left leg .30 sec .40 sec	THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for	PRIDAY Recovery Day Ether take a total rest day 0R you can die no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 for Inits	SUNDAY GROUP RIDE OF KNULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KNOUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25 WEEKLY TIME	Block 2
Block 2	Description Time (hrs) WEEK #6 Description	MONDAY Recovery Day Either take a total rest day of Noyue and ride no move then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue and ride no move then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue can ride no move then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue can ride no move then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue can did no move then 1 hour with 1 20NE 1 or 7-10 on mode no move the 1 hour with 1 20NE 1 or 7-10 on mode no move the 1 hour with 1 20NE 1 or 7-10 on move 1 1 1 1 1 1 1 1 1 1 1 1	TUSSONY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSONY ROUGHARDER RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 TUSSONY T	WEDNESDAY ONE LEG PEDALING WASHA LIP RIGH easy 120 zo minutes INTERVALS a of lints - 8 and intervention of the service of the	THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for	PRIDAY Recovery Day Ether take a total rest day 0R you can die no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 for Inits	SUNDAY GROUP RIDE OF KNULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KNOUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25 WEEKLY TIME	Block 2
Block 2	Description Time (hrs) WEEK #6 Description	MONDAY Recovery Day Either take a total rest day of Noyue and ride no move then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue and ride no move then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue can ride no move then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue can ride no move then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyue can did no move then 1 hour with 1 20NE 1 or 7-10 on mode no move the 1 hour with 1 20NE 1 or 7-10 on mode no move the 1 hour with 1 20NE 1 or 7-10 on move 1 1 1 1 1 1 1 1 1 1 1 1	TUSSONY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSONY ROUGHARDER RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 TUSSONY T	WEDNESDAY ONE LEG PEDALING WASHA LIP Ride easy 10 20 minutes INTERVALS a of Ints - 3 ose right leg. 30 sec right leg.	THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for	PRIDAY Recovery Day Ether take a total rest day 0R you can die no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 for Inits	SUNDAY GROUP RIDE OF KNULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KNOUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25 WEEKLY TIME	Block 2
Block 2	Description Time (hrs) WEEK #6 Description	MONDAY Recovery Day Either take a total rest day of Noyou can ride no move then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can dide no more then 1 hour with 1 20NE 1 or 7-10 on more than 1 hour with 1 20NE 1 or 7-10 on more with 1 20NE	TUSSONY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSONY ROUGHARDER RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 TUSSONY T	WEDNESDAY ONE LEG PEDAING WASHA LIP Role easy 10 20 minutes INTERVALS a of Ints -6 Legh little, 30 sec right leg, 30 sec right leg, 30 sec right leg, 30 sec right leg, 30 sec left leg section of the	THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for	PRIDAY Recovery Day Ether take a total rest day 0R you can die no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 for Inits	SUNDAY GROUP RIDE OF KNULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KNOUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25 WEEKLY TIME	Block 2
Block 2	Description Time (hrs) WEEK #6 Description	MONDAY Recovery Day Either take a total rest day of Noyou can ride no move then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can dide no more then 1 hour with 1 20NE 1 or 7-10 on more than 1 hour with 1 20NE 1 or 7-10 on more with 1 20NE	TUSSONY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSONY ROUGHARDER RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 TUSSONY T	WEDNESDAY ONE LEG PEDALING WASHA UP Ride easy 10-20 minutes INTERVALS of offits 5 each int is = 30 sec right leg, 30 sec right leg, 30 sec left leg. 30 sec left leg, 30 sec left leg, 30 sec left leg, 30 sec left leg. 30 sec	THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for	PRIDAY Recovery Day Ether take a total rest day 0R you can die no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 for Inits	SUNDAY GROUP RIDE OF KNULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KNOUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25 WEEKLY TIME	Block 2
Block 2	Description Time (hrs) WEEK #6 Description	MONDAY Recovery Day Either take a total rest day of Noyou can ride no move then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can dide no more then 1 hour with 1 20NE 1 or 7-10 on more than 1 hour with 1 20NE 1 or 7-10 on more with 1 20NE	TUSSONY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSONY ROUGHARDER RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 TUSSONY T	WEDNESDAY ONE LEG PEDALING WASHA UP MARK UP A of last 5-4 A of last 5-4 Each int is -30 sec right leg, 30 sec left leg, 30 sec right leg, 30 sec left leg,	THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for	PRIDAY Recovery Day Ether take a total rest day 0R you can die no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 for Inits	SUNDAY GROUP RIDE OF KNULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KNOUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25 WEEKLY TIME	Block 2
Block 2	Description Time (hrs) WEEK #6 Description	MONDAY Recovery Day Either take a total rest day of Noyou can ride no move then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can dide no more then 1 hour with 1 20NE 1 or 7-10 on more than 1 hour with 1 20NE 1 or 7-10 on more with 1 20NE	TUSSONY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSONY ROUGHARDER RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 TUSSONY T	WEDNESDAY ONE LEG PEDALING WASHA UP Mide easy 10 20 minutes INTERVALS of of last 5 - Each int is = 30 sec right leg, 30 sec left leg, 30 s	THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for	PRIDAY Recovery Day Ether take a total rest day 0R you can die no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 for Inits	SUNDAY GROUP RIDE OF KNULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KNOUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25 WEEKLY TIME	Block 2
Block 2	Description Time (hrs) WEEK #6 Description	MONDAY Recovery Day Either take a total rest day of Noyou can ride no move then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can ride no more then 1 hour with 1 20NE 1 or 7-10 on Perceived Exertion Scale OMONDAY Ether take a total rest day of Noyou can dide no more then 1 hour with 1 20NE 1 or 7-10 on more than 1 hour with 1 20NE 1 or 7-10 on more with 1 20NE	TUSSONY ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride. 1.25 TUSSONY ROUGH ZONE 10-13 for whole ride. 1.25 TUSSONY ROUGH ZONE 2 or PE 10-13 for whole ride. 1.5 TUSSONY ROUGH ZONE 2 or PE 10-13 for whole ride.	WEDNESDAY ONE LEG PEDAING WASHA UP GREATER Mide easy 10.20 minutes INTERVALS a of Ints -6 Lech int is -30 sec right leg, 30 sec left leg, 30 sec left leg, 30 sec right leg, 30 wEDNESDAY ONE LEG PEDAING WASHA UP RED LEGAT WASHA UP RED LEGAT SEC LE	THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.25 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for whole ride. 1.5 THURSDAY ENOUPMORE RIDE RIDE ZONE 2 or PE 10-13 for	PRIDAY Recovery Day Ether take a total rest day 0R you can die no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale OR PRIDAY Ether take a total rest day 0R you can die no more then 1 hour Perceived Exertion Scale	MARM UP Ride easy 10-20 minutes NTERVALS of Inits = 6 for Inits	SUNDAY GROUP RIDE OF KNULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 1.75 SUNDAY GROUP RIDE OF KNOUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	6.25 WEEKLY TIME	Block 2

	Time (hrs)	0	1.5	1	1.5	0	2	1.5	7.5	
	WEEK #8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TIME	
	Description	Recovery Day TOTAL REST DAY!	RECOVERY RIDE Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	RECOVERY RIDE Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Recovery Day TOTAL REST DAY!	Recovery Day TOTAL REST DAY!	RECOVERY RIDE Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.		
	Time (hrs)	0	1	1	0	0	1	1	4	H
-	WEEK #9	MONDAY Recovery Day	TUESDAY ENDURANCE RIDE	WEDNESDAY ENDURANCE RIDE	THURSDAY ENDURANCE RIDE	FRIDAY Recovery Day	SATURDAY GROUP BIDE OF ENDURANCE BIDE	SUNDAY GROUP RIDE OF ENDURANCE RIDE	WEEKLY TIME	H
	Description	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale		Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	7.5	
ŀ	Time (hrs)	MONDAY	1 TUESDAY	1 WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
	WEEK #10	Recovery Day	ENDURANCE RIDE	ENDURANCE RIDE	ENDURANCE RIDE	ENDURANCE RIDE	GROUP RIDE or ENDURANCE RIDE	GROUP RIDE OF ENDURANCE RIDE	WEEKLY TIME	
m -	Description	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.		0
```	Time (hrs)	0	1	1	1	1	2	2.5	8.5	
š	WEEK #11	MONDAY	TUESDAY ENDURANCE RIDE	WEDNESDAY ENDURANCE RIDE	THURSDAY	FRIDAY ENDURANCE RIDE	SATURDAY GROUP RIDE or ENDURANCE RIDE	SUNDAY  GROUP RIDE OF ENDURANCE RIDE	WEEKLY TIME	3
BIG	Description	Recovery Day  Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Ride ZONE 2 or PE 10-13 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.		ă
	Time (hrs)	0	1	1	0	2	3	2	9	
	WEEK #12	MONDAY Recovery Day	TUESDAY RECOVERY RIDE	WEDNESDAY RECOVERY RIDE	THURSDAY Recovery Day	FRIDAY	SATURDAY RECOVERY RIDE	SUNDAY GROUP RIDE or ENDURANCE RIDE	WEEKLY TIME	
	Description	Recovery Day TOTAL REST DAY!	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	TOTAL REST DAY!	Recovery Day TOTAL REST DAY!	RECOVERY RIDE  Ride 1 hour in ZONE 1 or 7-10 on  Perceived Exertion Scale. Stay in  small chain ring at all times. Ride a  flat course if possible.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.		
	Time (hrs)	0	1	1	0	0	1	1	4	
	WEEK #13	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TIME	
	Description	Recovery Day  Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride.	ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride.	Recovery Day TOTAL REST DAY!	ENDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride.	GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.		
-	Time (hrs)	0	1.5	1.5	0	1	3	2.5	9.5	
	WEEK #14	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TIME	
4	Description	Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	RIDURANCE RIDE Ride ZONE 2 or PE 10-13 for whole ride.	ENDURANCE RIDE RIDE ZONE 2 OF PE 10-13 for whole ride.	Recovery Day  Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Recovery Day Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	RECOVERY RIDE Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.		4
k 4		Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Ride ZONE 2 or PE 10-13 for	Ride ZONE 2 or PE 10-13 for	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	Do group ride if possible. If you can't	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a	10	k 4
ock 4	Time (hrs)	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	Ride ZONE 2 or PE 10-13 for whole ride.	Ride ZONE 2 or PE 10-13 for whole ride.	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible. 3 SUNDAY		
lock 4		Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  O  MONDAY RECOVERY DBY	Ride ZONE 2 or PE 10-13 for whole ride.  1.5  TUESDAY  ENDURANCE RIDE	Ride ZONE 2 or PE 10-13 for whole ride.  2 WEDNESDAY ENDURANCE RIDE	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  O THURSDAY Recovery Day	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  0 FRIDAY ENDURANCE RIDE	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5  SATURDAY  GROUP RIDE or ENDURANCE RIDE	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3  SUNDAY  GROUP RIDE OF ENDURANCE RIDE	10 WEEKLY TIME	ock
Block 4	Time (hrs) WEEK#15  Description	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  O  MONDAY  Recovery Day  Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	RIGE ZONE 2 OF PE 10-13 for whole ride.  1.5  TUESDAY  ENDURANCE RIDE RIGE ZONE 2 OF PE 10-13 for whole ride.	RIGE ZONE 2 Or PE 10-13 for whole ride.  2 WEDNESDAY ENOUGANCE RIDE RIGE ZONE 2 or PE 10-13 for whole ride.	Either take a total rest day OR you can iden omore then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  THURSDAY RECOVERY DBY EITHER TAKE 1 OF THE OR THE OF TH	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  0 FRIDAY	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5 SATURDAY GROUP RIDE OF ENDUANKE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Ride I hour in ZONE 1 or 7-10 on Perceived Eartein Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 3 GROUE RIDE or ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	WEEKLY TIME	ock
Block 4	Time (hrs) WEEK #15  Description Time (hrs)	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  O  MONDAY  Recovery Day  Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	RIGE ZONE 2 Or PE 10-13 for whole ride.  1.5. TUESDAY ENDURANCE RIDE RIGE ZONE 2 Or PE 10-13 for whole ride.	RIDE ZONE 2 OF PE 10-13 for whole ride.  2  WEDNESDAY  ENDURANCE RIDE RIDE ZONE 2 OF PE 10-13 for whole ride.	Either take a total rest day OR you can iden omer then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  O THURSDAY RECOVEY DAY Either take a total rest day OR you can iden omer then 1 home with in ZONE 1 or 7-10 on Perceived Exertion Scale  0 0	Either take a total rest day OR you can iden omore then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  O FRIDAY  REDURANCE RIDE RIDE ZONE 2 or PE 10-13 for whole ride.	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  2.5  3.5  SATURDAY  GROUP RIDE REFUNDANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4	Ride I hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY GROUP RICE or ROUBBACK RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 4	WEEKLY TIME	a y
Block 4	Time (hrs) WEEK#15  Description	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  O  MONDAY  Recovery Day  Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale	RIGE ZONE 2 OF E 10-13 for whole ride.  1.5 TUESOAY THE STOURANCE RIDE NOT ZONE 2 OF E 10-13 for whole ride.  2 TUESOAY RECOVER NIDE RIGHT 10-71-100 ride. RIGHT 10-71-100 ride. RIGHT 10-71-100 ride. RIGHT 10-71-100 ride.	RIGE ZONE 2 Or PE 10-13 for whole ride.  2 WEDNESDAY ENOUGANCE RIDE RIGE ZONE 2 or PE 10-13 for whole ride.	Either take a total rest day OR you can iden omore then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  THURSDAY RECOVERY DBY EITHER TAKE 1 OF THE OR THE OF TH	Either take a total rest day OR you can ride no more then 1 hour with in ZONE 1 or 7-10 on Perceived Exertion Scale  0 FRIDAY ENDURANCE RIDE RIDE ZONE 2 or PE 10-13 for	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5 SATURDAY GROUP RIDE OF ENDUANKE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Ride I hour in ZONE 1 or 7-10 on Perceived Eartein Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 3 GROUE RIDE or ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	WEEKLY TIME	ock
Block 4	Time (hrs) WEEK #15  Description Time (hrs) WEEK #16	Either take a toal rest day OR you can fide an once then 1 hour with in 2DNE 1 or 7-10 on Perceived Earthon Scale  ON MONDAY  Either take a total rest day OR you can make a more then 1 hour with a 2DNE 1 or 7-20 on Perceived Earthon Scale  MONDAY  Either take a total rest day OR you can me on more then 1 hour with a 2DNE 1 or 7-20 on Perceived Earthon Scale  MONDAY  Received Taken To Tak	RIGE ZONE 2 or PE 10-13 for whole ride.  1.5 TUESOAY THE STATE OF PE 10-13 for whole ride.  2 TUESOAY THE SOAY	RIGE ZONE 2 OF E 10-13 for whole ride.  2 WEDNESDAY PRODURANCE RIDE RIGE ZONE 2 OF E 10-13 for whole ride.  1.5 WEDNESDAY WEDNESDAY WEDNESDAY RECOVERY RIDE RIGE 1 A low in ZONE 1 OF 7-10 on 1 on 7-10 on 1 on 7-10 on 1 on	Either take a total rest day OR you can die no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O THURSDAY  Ether take a total rest day OR you can die no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O THURSDAY  Exercise 1 of 1 or 7-10 on Perceived Exertion Scale  O THURSDAY  RECOVERY DAY  TOTAL REST DAY!	Either take a total rest day OR you can ride no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O PRIDAY REDURANCE RIDE Node 20ME 2 or F 1 8-13 for whole ride.  1 THE TROUGH STREAM TO THE TROUGH TO THE TRO	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5 SATURDAY GROUP RIDE OF TROUBANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SATURDAY RECOURT RIDE Blde 1 hour in ZONE 3 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.	Ride I hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	WEEKLY TIME	a y
Block 4	Time (hrs) WEEK #15  Description Time (hrs) WEEK #15  Description	Ether take a total rest day OR you can ride no new then 1 hour with in 20M1 in or 7-10 on Perceived Exertion Scale  0	RIGE ZONE 2 OF PE 10-13 for whole ride.  1.5. TUSSANY RINDINANCE RIDE RIGH ZONE 2 OF PE 10-13 for whole ride.  2 TUSSANY RICCONEY RIDE RIGH 1 TO ANY 12 OF 1-10 OF 1-1	RIGE 200K 2 or FE 10-13 for whole ride.  2  WEOMSDAY  FROURANCE RISE  RIGE 200K 2 or FE 10-13 for whole ride.  1.5  WEOMSDAY  RECOVERY RIDE  RIGHT 10-7-10 on Perseved Exertion Size. Stay in small chain ring at all times. Ride  Alt course if possible.	Either take a total rest day OR you can die on nove then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  0 THURSDAY RECOVERY DAY EITHER LAND AND AND AND AND AND AND AND AND AND	Either take a total rest day OR you can die on nome then 1 hour with in 20ME 1 or 7-10 on Perceived Evertion Scale  0 FRIDAY FRIDAY FRIDAY RECOVERY DAY RECOVERY DAY RECOVERY DAY RECOVERY DAY RECOVERY DAY  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5 SATURDAY GROUP RIDE or KONULANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4. SATURDAY RICE VIEW RIDE RIGE 1 NOT 10 7-10 On Perceived Evention Scale. Stay in small chain ring at all times. Ride a flat course if possible.  1.	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY  GROUP RIDE OF ROUSANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY  GROUP RIDE of EXPLORANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	12.5 WEEKLY TIME	a y
Block 4	Time (hrs) WEEK #15  Description Time (hrs) WEEK #16	Either take a toal rest day OR you can fide an once then 1 hour with in 2DNE 1 or 7-10 on Perceived Earthon Scale  ON MONDAY  Either take a total rest day OR you can make a more then 1 hour with a 2DNE 1 or 7-20 on Perceived Earthon Scale  MONDAY  Either take a total rest day OR you can me on more then 1 hour with a 2DNE 1 or 7-20 on Perceived Earthon Scale  MONDAY  Received Taken To Tak	RIGE ZONE 2 or PE 10-13 for whole ride.  1.5 TUESOAY THE STATE OF PE 10-13 for whole ride.  2 TUESOAY THE SOAY	RIGE ZONE 2 OF E 10-13 for whole ride.  2 WEDNESDAY PRODURANCE RIDE RIGE ZONE 2 OF E 10-13 for whole ride.  1.5 WEDNESDAY WEDNESDAY WEDNESDAY RECOVERY RIDE RIGE 1 Annu in ZONE 1 Or 7-10 on 1 or 7-10 on 1 on	Either take a total rest day OR you can die no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O THURSDAY  Ether take a total rest day OR you can die no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O THURSDAY  Exercise 1 of 1 or 7-10 on Perceived Exertion Scale  O THURSDAY  RECOVERY DAY  TOTAL REST DAY!	Either take a total rest day OR you can ride no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O PRIDAY REDURANCE RIDE Node 20ME 2 or F 1 8-13 for whole ride.  1 THE TROUGH STREAM TO THE TROUGH TO THE TRO	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5 SATURDAY GROUP RIDE OF ENDURANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SATURDAY RECOURT RIDE Blde 1 hour in ZONE 3 or 7-10 on Percived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  1 SATURDAY	Ride I hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	WEEKLY TIME	Y 20
Block 4	Time (hrs) WEEK #15  Description Time (hrs) WEEK #15  Description	Either take a toal rest day OR you can fide an once then 1 hour with in 2DNE 1 or 7-10 on Perceived Exertion Scale  O MONDAY  Either take a total rest day OR you can make a more then 1 hour with a 2DNE 1 or 7-20 on Perceived Exertion Scale  MONDAY  TOTAL REST DAY!	RIGE ZONE 2 OF E 10-13 for whole ride.  1.5 TUUSDAY RIGHT STANDIANCE RIDE RIGHT STANDIAN	RIGE ZONE 2 OF E 10-13 for whole ride.  2  WEDNESDAY  REDURANCE RIDE  RIGE ZONE 2 OF E 10-13 for whole ride.  1.5.  WEDNESDAY  WEDNESDAY  RECOVERY RIDE  RIGE 1 About 12 COVER 1 OF 7-12 OF 10-13 For 10-13 Fo	Either take a total rest day OR you can die no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O  THURSDAY  Recovery Day  Either take a total rest day OR you can die no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O  THURSDAY  Recovery Day  TOTAL REST DAY!	Either take a total rest day OR you can ride no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale 1 or 7-10 on Perceived Exertion Scale 1 or 7-10 on FRIDAY ENDURANCE RIDE Ride ZONE 2 or F 1 0-13 for whole ride.  1 I FRIDAY REDAY TOTAL REST DAY!	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5 SATURDAY GROUP RIDE OF ENDURANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SATURDAY RECOURT RIDE Blde 1 hour in ZONE 3 or 7-10 on Percived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  1 SATURDAY	Ride I hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  5 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY	12.5 WEEKLY TIME	ock
Block 4	Time (hrs) WEEK #15  Description Time (hrs) WEEK #15  Description Time (hrs) WEEK #15	Either take a total rest day OR you can ride on once then 1 hour with in 20M 1 or 7-10 on Perceived Exertion Scale  0 MONDAY  Received Exertion Scale  10 0 MONDAY  Received Exertion Scale 0 Received Exertion Scale	RIGE ZONE 2 OF E 10-13 for whole ride.  1.5  TUESDAY  TRUDIPANCE RIDE RIGE ZONE 2 OF E 10-13 for whole ride.  2  TUESDAY  RECOURTS RIDE RIGE 10-13 for whole ride.  2  RIGE 10-13 for RIDE 10-13 for whole ride.  1 TUESDAY  RECOURTS RIDE RIGE 1 hour in ZONE 1 or 7-10 on an an and a for some procession.  1 TUESDAY  TUESDAY  TUESDAY  REVIDINANCE RIDE RIGE 2 ONE 2 or PE 10-13 for whole ride.	INDEC 2004 Z OF E 10-13 for whole ride.  2 WEDNESDAY ***EDNESDAY *	Either take a total rest day OR you can did no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  THURSDAY RECOVERY OF THURSDAY RECOVERY DAY RECOVERY DAY RECOVERY DAY THURSDAY T	Either take a total rest day OR you can dide no more then 1 hour with in 200K 1 or 7-10 on Perceived Evertion Scale  0 FROMY FROMY FROMY FROMY FROMY TOTAL REST DAY!  0 FROMY	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5  SATURDAY  GROUP RIDE OF REMUTANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4  4  A SATURDAY  RECOVERY RIDE Ride 1 hour in ZONE 1 or 7-10 on Precived Earth Calle. Stay in small chain ring at all times. Ride a flat course if possible.  SATURDAY  GROUP RIDE OF REMUTANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Ride I hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ridel possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ridel possible. If you can't ride in ZONE 2 for whole ride. 2 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride. 2 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ridel prossible. If you can't ride in ZONE 2 for whole ride.	12.5 WEEKLY TIME	ock
Block 4	Time (hrs) WEEK #15  Description Time (hrs) WEEK #15  Description Time (hrs) WEEK #17	Either take a total rest day OR you can ride on nove then 1 hour with in 20x8 1 or 7-10 on Perceived Learnin Scale  0	RIGE ZONE 2 OF PE 10-13 for whole ride.  1.5 TULSDAY ENDURANCE RIDE RIGE ZONE 2 OF PE 10-13 for whole ride.  1.5 TULSDAY RECORDER RIDE RIGE 3 FOR 10-13 for Whole ride.  1.5 TULSDAY RECORDER RIDE RIGE 3 FOR 10-13 for PE 10-13 for Whole ride.  1.7 TULSDAY ENDURANCE RIDE RIGE 2 OF PE 10-13 for whole ride.  2.7 TULSDAY TULSDAY ENDURANCE RIDE RIDE 2 OF PE 10-13 for whole ride.  2.7 TULSDAY TULSDAY TULSDAY	note 2004 2 or PE 10-13 for whole ride.  2  WEDNESDAY  ***ENDIAMACE RIDE  ***RIDE STATE  **RIDE STATE  ***RIDE	Either take a total rest day OR you can die on nove then 1 hour with in 2004 E or 7-10 on Perceived beerfron scale  1 0 1 THURSDAY Recovery Day Either take a total rest day OR you can die on nove then 1 hour with in 2004 E or 7-10 on Perceived beerfron scale  0 0 1 THURSDAY Recovery Day 1 OTAL REST DAY1  0 THURSDAY ENDOMANCE AND THURSDAY ENDO	Either take a total rest day OR you can dide no new then 1 hour with in 20 ME 1 or 7-10 on Perceived Exertion Scale  0 FRIDAY  RECOVERY OF E 10-13 for Whole ride  1 FRIDAY  RECOVERY DAY  OF TROMY  RECOVERY DAY  TROMY  RECOVERY DAY  TROMY  T	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5  SATURDAY  GROUP RIDE or ENDUMANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  SATURDAY  RECOVERY INDE Bide 1 hour is ZONE 10 F1 you can't ride in ZONE 2 for whole ride.  SATURDAY  RECOVERY INDE Bide 1 hour is ZONE 10 F2 f3 on a file to course if possible.  1 SATURDAY  GROUP RIDE or FROUNANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  5 5  5 5  5 5  5 5  5 5  5 5  5 5  5	Ride 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY  GROUP RIDE or ROUGHANE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY  GROUP RIDE or ROUGHANE RIDE  DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY  GROUP RIDE or ROUGHANE RIDE  DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY  GROUP RIDE or ENDURANCE RIDE  DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY	12.5 WEEKLY TIME  5 WEEKLY TIME	a y
	Time (hrs) WEEK #15  Description Time (hrs) WEEK #16  Description Time (hrs) WEEK #17	Either take a total rest day OR you can ride on once then 1 hour with in 20M 1 or 7-10 on Perceived Exertion Scale  0 MONDAY  Received Exertion Scale  10 0 MONDAY  Received Exertion Scale 0 Received Exertion Scale	RIGE ZONE 2 OF E 10-13 for whole ride.  1.5  TUESDAY  TRUDIPANCE RIDE RIGE ZONE 2 OF E 10-13 for whole ride.  2  TUESDAY  RECOURTS RIDE RIGE 10-13 for whole ride.  2  RIGE 10-13 for RIDE 10-13 for whole ride.  1 TUESDAY  RECOURTS RIDE RIGE 1 hour in ZONE 1 or 7-10 on an an and a for some procession.  1 TUESDAY  TUESDAY  TUESDAY  REVIDINANCE RIDE RIGE 2 ONE 2 or PE 10-13 for whole ride.	INDEC 2004 Z OF E 10-13 for whole ride.  2 WEDNESDAY ***EDNESDAY *	Either take a total rest day OR you can did no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  THURSDAY RECOVERY OF THURSDAY RECOVERY DAY RECOVERY DAY RECOVERY DAY THURSDAY T	Either take a total rest day OR you can dide no more then 1 hour with in 200K 1 or 7-10 on Perceived Evertion Scale  0 FROMY FROMY FROMY FROMY FROMY TOTAL REST DAY!  0 FROMY	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5  SATURDAY  GROUP RIDE OF REMUTANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4  4  A SATURDAY  RECOVERY RIDE Ride 1 hour in ZONE 1 or 7-10 on Precived Earth Calle. Stay in small chain ring at all times. Ride a flat course if possible.  SATURDAY  GROUP RIDE OF REMUTANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	Ride I hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY GROUP RIDE OF ROUNDAKE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 GROUP RIDE OF RIDE O	12.5 WEEKLY TIME  S WEEKLY TIME	Block
	Time (hrs) WEEK 815  Description Time (hrs) WEEK 816  Description Time (hrs) WEEK 817  Description Time (hrs) WEEK 818	Either take a total rest day OR you can ride on nove then 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale  O MONDAY  Recovery Day  Cither take Account of the 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale  O MONDAY  Recovery Day  TOTAL REST DAY!  O MONDAY  Recovery Day  Either take a total rest day OR you can ride on more then 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale  O MONDAY  Either take a total rest day OR you can ride on more then 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale  MONDAY  Ether take a total rest day OR you can ride on more then 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale  MONDAY  Recovery Day  Either take a total rest day OR you can ride on more then 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale	RIGE ZONE 2 OF E 10-13 for whole ride.  1.5 TUESDAY REDURANCE RIDE RIGE ZONE 2 OF E 10-13 for whole ride.  2 TUESDAY RECOVERY RIDE RIGHT AND	The ZONE 2 or FE 10-13 for whole ride.  2  WEDNESDAY  WEDNESDAY  REPOURANCE RIDE  RIDE ZONE 2 or FE 10-13 for whole ride.  1.5  WEDNESDAY  RECOVERY RIDE  RIDE 10-13 for whole ride.  1.5  WEDNESDAY  RECOVERY RIDE  RIDE 10-13 for whole ride.  1.1  WEDNESDAY  RECOVERY RIDE  RIDE 20-13 for whole ride.  RIDE 20-13 for whole ride.  RIDE ZONE 2 or FE 10-13 for whole ride.  RIDE ZONE 2 or FE 10-13 for whole ride.  RIDE ZONE 2 or FE 10-13 for whole ride.  RIDE ZONE 2 or FE 10-13 for whole ride.  RIDE ZONE 2 or FE 10-13 for whole ride.	Either take a total rest day OR you can did no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O THURSDAY  Recovery Day  Either take Recovery Day  Either take Control on more them 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O THURSDAY  Recovery Day  TOTAL REST DAYI  O THURSDAY  RECOVERY DAY  TOTAL REST DAYI  O THURSDAY  ROUGHOUSE OF 2 10-13 for whole ride.  Bide ZONE 2 or PE 10-13 for whole ride.	Either take a total rest day OR you can ride no more then 1 hour with in 20NE 1 or 7-10 on Perceived Exertion Scale  O FRIDAY  INCUMANCE RIDE  Ride ZONE 2 or F 1 0-13 for whole ride.  I TRIDAY  RECOVERY DAY  FRIDAY  O FRIDAY  O FRIDAY  O FRIDAY  O FRIDAY  CONTROL OF 10-13 for whole ride.  O FRIDAY  O FRIDAY  O FRIDAY  Either take a total rest day OR you can ride no more then 1 hour with 1 20NE 1 or 12 for PRIDAY  Recovery Day  Either take a total rest day OR you can ride no more then 1 hour with 1 20NE 1 or 12 for Price or 10 for 10 for Price or 10 for	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5  SATURDAY  GROUP RIDE OF PROUMANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4  SATURDAY  RECOVER RIDE RIGH 1 and RIDE OF ROULE 1 for LONE 2 for whole ride.  1  SATURDAY  1  SOUTH RIDE OF ROULEANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  STURDAY  GROUP RIDE OF ROULEANCE RIDE DO group ride fire ROULEANCE RIDE TO SATURDAY  GROUP RIDE OF ROULEANCE RIDE DO group ride fire ROULEANCE RIDE DO group ride ride DO group ride fire ROULEANCE RIDE DO group ride ride ROULEANCE RIDE ROULEANCE RIDE ROULEANCE RIDE ROULEANCE RIDE ROULEANCE RIDE ROU	Ride I hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY GROUP RIDE OF ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3 3	12.5 WEEKLY TIME  S WEEKLY TIME	ock
	Time (hrs) WEEK #15  Description Time (hrs) WEEK #15  Description Time (hrs) WEEK #17  Description Time (hrs) WEEK #17	Either take a total rest day OR you can ride on once then 1 hour with in 20M1 in or 7-10 on Perceived Exertion Scale  0 MONDAY  Recovery Cay  Either take a total rest day OR you can ride on once then 1 hour with in 20M1 in 7-10 on Perceived Exertion Scale  0 MONDAY  Recovery Day  TOTAL REST DAY!  TOTAL REST DAY!  DOWN TOTAL REST DAY!  Either take a total rest day OR you can ride on once then 1 hour with in 20M1 in 7-10 on Perceived Exertion Scale  0 MONDAY  Recovery Day  Either take a total rest day OR you can ride on once then 1 hour with in 20M1 in 7-10 on Perceived Exertion Scale  0 MONDAY  Either take a total rest day OR you can ride on once then 1 hour with in 20M1 in 7-10 on Perceived Exertion Scale  0 MONDAY	RIGE ZONE 2 OF E 10-13 for whole ride.  1.5  TUSSDAY  REVOLUENCE RIDE  RIGE ZONE 2 OF PE 10-13 for whole ride.  2  TUSSDAY  RECOVERY RIDE  RIGE 1 hour is ZONE 1 or 7-10 on Percived Exertion Jacks 1 say in small chain ring at all times. Ride a flat course if possible.  1 TUSSDAY  REVOLUENCE RIDE  RIGE ZONE 2 OF PE 10-13 for whole ride.  2  TUSSDAY  REVOLUENCE RIDE  RIGE ZONE 2 OF PE 10-13 for whole ride.  2  TUSSDAY  REVOLUENCE RIDE  RIGE ZONE 2 OF PE 10-13 for whole ride.  1 TUSSDAY  TUSSDAY  TROUBLANCE RIDE  RIGE ZONE 2 OF PE 10-13 for whole ride.	RIGE ZONE 2 OF E 10-13 for whole ride.  2  WEDNESDAY  ***ENDIRACHER RISE  ***RECOVERY RISE  ***RECOVER	Either take a total rest day OR you can die on nove then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  10	Either take a total rest day OR you can ride no more then 1 hour with in 2004 E or 7-10 on Perceived Exertion Scale  0 FRIDAY FRIDAY RECORD 2 or FE 10-13 for whole ride  1 FRIDAY RECORD 2 or FE 10-13 for whole ride  1 FRIDAY RECORD 2 or FE 10-13 for whole ride  1 FRIDAY RECORD 2 or FE 10-13 for whole ride  1 FRIDAY FRIDAY RECORD 2 or FE 10-13 for whole ride  0 FRIDAY	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5  SATURDAY  GROUP RIDE of ENDUMANCE RIDE Do group ride in ZONE 2 for whole ride.  4.  4.  5.  SATURDAY  RECOVER RIDE RIGE 1 hour in ZONE 1 or 7-10 on Perceived partnot Scale. Stay in small chain ring at all times. Ride a flat course if possible.  SATURDAY  GROUP RIDE or ROUNLANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  SATURDAY  GROUP RIDE or ROUNLANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  SATURDAY  GROUP RIDE or PROUNLANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  SATURDAY  GROUP RIDE or PROUNLANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	RIGE 1 hour in ZONE 1 or 7-30 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY  GROUP RIDE OF ROUSEANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY  GROUP RIDE OF STAY COURSE RIDE  DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY  GROUP RIDE OF R	12.5 WEEKLY TIME  5 WEEKLY TIME  14 WEEKLY TIME	k 5 Block
	Time (hrs) WEEK #15  Description Time (hrs) WEEK #16  Description Time (hrs) WEEK #17  Description Time (hrs) WEEK #18	Either take a total rest day OR you can ride on nove then 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale  O MONDAY  Recovery Day  Cither take Account of the 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale  O MONDAY  Recovery Day  TOTAL REST DAY!  O MONDAY  Recovery Day  Either take a total rest day OR you can ride on more then 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale  O MONDAY  Either take a total rest day OR you can ride on more then 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale  MONDAY  Ether take a total rest day OR you can ride on more then 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale  MONDAY  Recovery Day  Either take a total rest day OR you can ride on more then 1 hour with in 2DM 1 or 7-10 on Perceived Exertion Scale	RIGE ZONE 2 OF E 10-13 for whole ride.  1.5 TUSSDAY ENDURANCE RIDE RIGH ZONE 2 OF PE 10-13 for whole ride.  2 TUSSDAY RECOURANT RIDE RIGH TO THE 10-13 for whole ride.  2 TUSSDAY RECOURANT RIDE RIGH THOU IT ZONE 1 OF 7-10 on THE 10-13 for whole ride.  1 at course if possible.  2 TUSSDAY ENDURANCE RIDE RIGH ZONE 2 OF PE 10-13 for whole ride.  2 TUSSDAY ENDURANCE RIDE RIGH ZONE 2 OF PE 10-13 for whole ride.  1 TUSSDAY ENDURANCE RIDE RIDE ZONE 2 OF PE 10-13 for whole ride.	The ZONE 2 or FE 10-13 for whole ride.  2  WEDNESDAY  WEDNESDAY  REPOURANCE RIDE  RIDE ZONE 2 or FE 10-13 for whole ride.  1.5  WEDNESDAY  RECOVERY RIDE  RIDE 10-13 for whole ride.  1.5  WEDNESDAY  RECOVERY RIDE  RIDE 10-13 for whole ride.  1.1  WEDNESDAY  RECOVERY RIDE  RIDE 20-13 for whole ride.  RIDE 20-13 for whole ride.  RIDE ZONE 2 or FE 10-13 for whole ride.  RIDE ZONE 2 or FE 10-13 for whole ride.  RIDE ZONE 2 or FE 10-13 for whole ride.  RIDE ZONE 2 or FE 10-13 for whole ride.  RIDE ZONE 2 or FE 10-13 for whole ride.	Either take a total rest day OR you can did no more then 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O THURSDAY  Recovery Day  Either take Recovery Day  Either take Control on more them 1 hour with in 20ME 1 or 7-10 on Perceived Exertion Scale  O THURSDAY  Recovery Day  TOTAL REST DAYI  O THURSDAY  RECOVERY DAY  TOTAL REST DAYI  O THURSDAY  ROUGHOUSE OF 2 10-13 for whole ride.  Bide ZONE 2 or PE 10-13 for whole ride.	Either take a total rest day OR you can ride no new then 1 hour with in 200k E or 7-10 on Perceived Exertion Scale  0 FRIDAY REDOWN RECORD 20 OF E 10-13 for whole ride.  1 FRIDAY RECORD 20 OF E 10-13 for whole ride.  1 FRIDAY RECORD 20 OF E 10-13 for whole ride.  1 FRIDAY RECORD 30 OF E 10-13 for whole ride.  0 FRIDAY EITHER 20 OF E 10-13 for Whole ride.  0 FRIDAY EITHER 20 OF E 10-13 for Whole ride.  0 FRIDAY EITHER 20 OF E 10-13 for Whole ride.  0 FRIDAY EITHER 20 OF E 10-13 for Whole ride ride ride.  0 FRIDAY EITHER 20 OF E 10-13 for Whole ride ride ride ride.  0 FRIDAY EITHER 20 OF E 10-13 for Perceived Exertion Scale  0 Perceived Exertion Scale 0 Perceived Exertion Scale	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5 SATURDAY GROUP RIDE or ENDUMANCE RIDE Do group ride in ZONE 2 for whole ride.  4 4 SATURDAY RECOVERY RIDE RIGE 1 hour in ZONE 1 or 7-10 on Perceived Earthon Scale. Stay in small chain ring at all times. Ride a flat course if possible. If you can't ride in ZONE 2 for whole ride.  5 SATURDAY GROUP RIDE or ENDUMANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  5 SATURDAY GROUP RIDE or ENDUMANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  5 SATURDAY GROUP RIDE or ENDUMANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  5 SATURDAY GROUP RIDE OF CROULANACE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.	RIGE 1 hour in ZONE 1 or 7-30 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY  GROUP RIDE OF ROUSEANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY  GROUP RIDE OF STAY COURSE RIDE  DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY  GROUP RIDE OF R	12.5 WEEKLY TIME  5 WEEKLY TIME  14 WEEKLY TIME	Block
5)	Time (brs) WEEK #15  Description  Time (brs) WEEK #15  Description  Time (brs) WEEK #17  Description  Time (brs) WEEK #18  Description  Time (brs) WEEK #18  WEEK #18	Either take a total rest day OR you can ride on once then 1 hour with in 20NE 1 or 7-10 on Perceived Learning Sale of the Sale	RIGE ZONE 2 OF E 10-13 for whole ride.  1.5.  TUUSDAY  FRUDURANCE RIDE RIGE ZONE 2 OF E 10-13 for whole ride.  2  TUUSDAY  RECOVERY RIDE 7-13 on Perceivan III and III	RIGE ZONE 2 OF E 10-13 for whole ride.  2  WIDDISSON FENDINANCE RIDE RIGE ZONE 2 OF E 10-13 for Whole ride.  1.5  WIDDISSON RECOVER RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIDE ZONE 2 OF E 10-13 for WHOLE RIDE RIDE ZONE 2 OF E 10-13 for WHOLE RIDE RIDE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for Whole ride.  1.5  WIDDISSON RIDE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGHT ZONE ZONE ZONE E 10-13 for WHOLE RIDE RIGHT ZONE ZONE ZONE ZONE ZONE ZONE ZONE ZONE	Either take a total rest day OR you can die on nove then 1 hour with in 20ME 1 or 7-10 on Perceived Description Scale	Either take a total rest day OR you can ride no new then 1 hour with in 20NE 1 or 7-10 on Perceived Evertion Scale  0 FRIDAY FRIDAY RECOVERY DBY  10 TALL REST DAY1	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5 SATURDAY GROUP RIDE or ENDUBANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  8.4 SATURDAY RECOVERY RIDE. Ride 1. hors DO GROUP RIDE or SUPPLY RECOVERY RIDE. Ride 1. hors DO GROUP RIDE or SUPPLY RECOVERY RIDE. Ride 1. hors DO GROUP RIDE or SUPPLY RECOVERY RIDE. Ride 1. hors DO GROUP RIDE or SUPPLY RIDE or RECOVERY RIDE.  1. SATURDAY GROUP RIDE OF ROUBLANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  SATURDAY GROUP RIDE or ENDUBANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  SATURDAY GROUP RIDE OF ENDUBANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  SATURDAY GROUP RIDE OF ENDUBANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.	RIGE 1 hour in ZONE 1 or 7-30 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	12.5 WEEKLY TIME  5 WEEKLY TIME  14 WEEKLY TIME	Block 5
	Time (hrs) WEEK #15  Description Time (hrs) WEEK #16  Description  Time (hrs) WEEK #17  Description  Time (hrs) WEEK #18  Description  Description	Ether take a total rest day OR you can ride on once then 1 hour with in 2DNE 1 or 7-10 on Perceived benefits of a control of the control of t	RIGE ZONE 2 OF E 10-13 for whole ride.  1.5 TUESDAY TRUDIANCE RIDE RIGE ZONE 2 OF E 10-13 for whole ride.  2 TUESDAY RECOURTER RIDE RIGE TO THE 10-13 for whole ride.  1 TUESDAY TRUDIANCE RIDE RIGE TO THE 10-13 for whole ride.  1 TUESDAY TRUDIANCE RIDE RIGE ZONE 2 OF E 10-13 for whole ride.  2 TUESDAY RECOURTER RIDE RIGE ZONE 2 OF E 10-13 for whole ride.  1 TUESDAY TRUDIANCE RIDE RIGE ZONE 2 OF E 10-13 for whole ride.  1 TUESDAY RIDE ZONE 2 OF E 10-13 for whole ride.  RIGE ZONE 2 OF E 10-13 for whole ride.  RIGE ZONE 2 OF E 10-13 for whole ride.	RIGE ZONE 2 OF E 10-13 for whole ride.  2 WEDNESON' *** **WEDNESON' **** **WEDNESON' *** **WEDNESON' *** **WEDNESON' *** **WED	EIDHER TAKE A TOUR TEST day OR  JOUR LANGE TO THE TOUR THE TOUR TOUR THE TO	Either take a total rest day OR you can ride no more then 1 hour with in 2004 E or 7-10 on Perceived Evertion Scale  0 FROMY F	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5  SATURDAY  GROUP RIDE of ENDURANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4  4  4  5  SATURDAY  RECOVERY RIDE Ride 1 hour in ZONE 1 or 7-10 on Percived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible. If you can't ride in ZONE 2 for whole ride.  5  SATURDAY  GROUP RIDE or ENDURANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  5  SATURDAY  GROUP RIDE or ENDURANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  5  SATURDAY  GROUP RIDE or ENDURANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  5  SATURDAY  GROUP RIDE or ENDURANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	RIGE 1 hour in ZONE 1 or 7-10 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY GROUP RIDE or RENUMBACE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 A SUNDAY GROUP RIDE or ENDURANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY GROUP RIDE or RENUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 A SUNDAY GROUP RIDE or RENUBANCE RIDE Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  5 SUNDAY GROUP RIDE or RENUBANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  5 SUNDAY GROUP RIDE or RENUBANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  3 SUNDAY GROUP RIDE or RENUBANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.	12.5 WEEKLY TIME  5 WEEKLY TIME  14 WEEKLY TIME	Block 5
	Time (brs) WEEK #15  Description  Time (brs) WEEK #15  Description  Time (brs) WEEK #17  Description  Time (brs) WEEK #18  Description  Time (brs) WEEK #19	Either take a total rest day OR you can ride on once then 1 hour with in 20NE 1 or 7-10 on Perceived Learning Sale of the Sale	RIGE ZONE 2 OF E 10-13 for whole ride.  1.5.  TUUSDAY  FRUDURANCE RIDE RIGE ZONE 2 OF E 10-13 for whole ride.  2  TUUSDAY  RECOVERY RIDE 7-13 on Perceivan III and III	RIGE ZONE 2 OF E 10-13 for whole ride.  2  WIDDISSON FENDINANCE RIDE RIGE ZONE 2 OF E 10-13 for Whole ride.  1.5  WIDDISSON RECOVER RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIDE ZONE 2 OF E 10-13 for WHOLE RIDE RIDE ZONE 2 OF E 10-13 for WHOLE RIDE RIDE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for Whole ride.  1.5  WIDDISSON RIDE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGE ZONE 2 OF E 10-13 for WHOLE RIDE RIGHT ZONE ZONE ZONE E 10-13 for WHOLE RIDE RIGHT ZONE ZONE ZONE ZONE ZONE ZONE ZONE ZONE	Either take a total rest day OR you can die on nove then 1 hour with in 20ME 1 or 7-10 on Perceived Description Scale	Either take a total rest day OR you can ride no new then 1 hour with in 20NE 1 or 7-10 on Perceived Evertion Scale  0 FRIDAY FRIDAY RECOVERY DBY  10 TALL REST DAY1	Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3.5 SATURDAY GROUP RIDE or ENDUBANCE RIDE. Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  8.4 SATURDAY RECOVERY RIDE. Ride 1. hors DO GROUP RIDE or SUPPLY RECOVERY RIDE. Ride 1. hors DO GROUP RIDE or SUPPLY RECOVERY RIDE. Ride 1. hors DO GROUP RIDE or SUPPLY RECOVERY RIDE. Ride 1. hors DO GROUP RIDE or SUPPLY RIDE or RECOVERY RIDE.  1. SATURDAY GROUP RIDE OF ROUBLANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  SATURDAY GROUP RIDE or ENDUBANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  SATURDAY GROUP RIDE OF ENDUBANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.  SATURDAY GROUP RIDE OF ENDUBANCE RIDE DO group ride if possible. If you can't ride in ZONE 2 for whole ride.	RIGE 1 hour in ZONE 1 or 7-30 on Perceived Exertion Scale. Stay in small chain ring at all times. Ride a flat course if possible.  3 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  2 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  4 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.  3 SUNDAY  GROUP RIDE or ENDURANCE RIDE  Do group ride if possible. If you can't ride in ZONE 2 for whole ride.	12.5 WEEKLY TIME  S WEEKLY TIME  14 WEEKLY TIME  11.5 WEEKLY TIME	Block 5