January 2008

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

NOTES

February 2008

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

NOTES
Free saddle height check
at Bicycle Works any Saturday
afternoon between 3-5 pm

March 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 45-60 min easy
2	**3** Rest	**4** 45 min easy	**5** Rest	**6** 45 min (30 easy and 15 min hard)	**7** Rest	**8** 60-90 min mixed
9	**10** Rest	**11** 45 min mixed tempo	**12** Rest	**13** 45 min easy	**14** Rest	**15** 60-90 min mixed tempo
16	**17** Rest	**18** 60 Min easy	**19** Rest	**20** 60 min Mixed	**21** Rest	**22** 60-90 min mixed tempo
23	**24** Rest	**25** 60 min easy	**26** Rest	**27** 60 min mixed	**28** Rest	**29** 60-90 min tempo
30	**31** Rest					

NOTES
Free saddle height check at Bicycle Works any Saturday afternoon between 3-5 pm

April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Rest	1 75 min easy	2 Rest	3 75 min mixed	4 Rest	5 75-105 mins easy
6	7 Rest	8 75 min easy	9 Rest	10 75 min mixed	11 Rest	12 75-105 mins easy
13	14 Rest	15 75 min mixed	16 Rest	17 75 min easy	18 Rest	19 90-120 mins mixed
20	21 Rest	22 75 mins easy	23 Rest	24 90 mins mixe	25 Rest	26 90 -120 mins easy
27	28 Rest	29 60 mins easy	30 Rest			

NOTES
Ensure you bicycle is in good wor
Call 297 8356
Wear an approved safety helmet
Proper bike fit is important - for as
Free saddle height check
at Bicycle Works any Saturday
afternoon between 3-5 pm

May 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 45 mins easy	2 Rest Hydrate well	3 The Big Day Good luck and be safe
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

NOTES