

	Fri	Sat	Sun	Mon	Tue	Wed	Th	Fri	Sat	Sun	Mon	Tue	Wed	Th	Fri	Sat	Sun	Mon	Tue	Wed	Th	Fri	Sat	Sun	Mon	Tue	Wed	Th	Fri	Sat	Sun		
	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		
					D	D	N	N					D	D	N	N					D	D	N	N					D	D	N		
Wgt	86	85	87	86	86	86	85	87	87	86	86	87	86	86	87	86	87	87	87	86	86	87	87	87	87	87	87	88	88	88			
Time	129		127	90			sick			190	203		160			157	123	153		45	177			193	173	118		177			224		
Speed	26.4		25.3	27.3						27.2	23.9		26.4			27.7	25	26.6						24.9	27.2	26.6		26.5			21.6		
Cadence	83a - 103m		75a - 100m	96a - 116m						79a - 109m	71a - 102m		76a - 108m			84a - 114m	75a - 98m	78a - 104m		93a - 103m	84a - 118m			75a - 99m	80a - 110m	80a - 100m		83a - 109m			72a - 120m		
Training Function	Cadence	Rest day	Hills	Power	Rest day			Cadence	Hills			Spinning	Power	Rest Day			Cadence	Hills	Power	Spinning			Cadence	Rest Day			Hills	Power	Spinning	Spinning		Rest Day	Cadence
Mileage	57		53	41			0			86	81		70			72	50	67		21	78			80	76	52		78			82		
Gym					1			1			1			1				1		1		1			1				1			1	

Cadence 85>95 - Average 85
 Hill Work Over Gearing Various = Bouley/Mont Pinel/Jubilee
 Power Hougue Bie Circuit - TW Flamme Rouge
 Spinning Class 45mins of quality work
 Grey = 123max / Green = 129>143 / Orange = 143>151 / Red = 161>176