

	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	Mon	Tue	Wed
	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
	N	N					D	D	N	N					D	D	N	N					D	D	N	N		
Wgt	85	86	86	86	86	86	86	86	86	86	86	86	85	86	87	87	87	86	86	86	86	86	86	87	86	86	86	86
Time	176		202	180		146			169	132		80	212	45			196	169	193		174	90			171	70	198	171
Speed	28.3		25.9	25.1		29.2			27.6	24.7		29.2	27.2				26.4	27.4	23.8		26.5	n/a			23.1	28.2	24.3	26.4
Cadence	n/a		n/a	n/a		n/a			81a - 108m	73a - 110m		96a - 103m	81a - 114m				75a - 110m	82a - 114m	73a - 103m		80a - 101m	92a - 100m			75a - 101m	100a - 106m	75a - 103m	81a - 100m
Training Function	Cadence		Hills	Power	Rest Day	Spinning	Rest Day		Cadence	Hills		Power	Spinning	Spinning	Rest Day	Power	Cadence	Hills			Spinning	Cadence		Rest Day	Hills	Spinning	Power	Spinning
Mileage	83		87	75		71			77	54		42	96				86	77	76		74	39			66	33	80	74
Gym		1						1			1				1					1			1					

2774

1190

6

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