

	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	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	29	30	31
	N					D	D	N	N					D	D	N	N					D	D	N	N					D	D
Wgt	88	86	86	87	87	87	87	86	86	86	85	85	85	85	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	86	
Time	130	141		153	158			170	165	134		70	174			172	45			154	90	224		45		75	204	189			
Speed	27.1	25.4		27	23.5			26.3	26.2	26.6		n/a	24.2			26.9	27			27.3	36.4	23.8				28.6	22.9	24.5			
Cadence	87a - 108m	79a - 107m		85a - 118m	74a - 108m			80a - 111m	82a - 110m	83a - 115m		94a - 113m	77a - 107m			79a - 106m	93a - 101m			83a - 109m		n/a		n/a		96a - 119m	69a - 107m	58a -			
Training Function	Hills	Power		Cadence	Hills		Rest Day	Power	Spinning	Spinning		Cadence	Hills	Rest Day	Power	Spinning			Cadence	Power	Hills	Rest Day	Spinning		Cadence	Hills	Power		Rest Day		
Mileage	59	59		69	61			67	71	59		33	69			76	20			69	55	87				36	77	77			
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