

	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	Th	Fri	Sat	
	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	N		
Wgt	86	86	86	87	86	86	86	86	86	86																						
Time	90	176			191	75	37	166	183	213																						
Speed	30.9	25.5			25.1	27.2	33	26.9	24.9	25.6																						
Cadence	97a - 105m	75a - 113m			73a - 109m	95a - 107m	86a	83a - 112m	73a - 99m	76a - 117m																						
Training Function	Cadence	Hills	Rest Day		Power	Spinning	Power Test	Cadence	Hills	Power	Rest Day	Travel	Travel							WPFG'S	WPFG'S	WPFG'S	WPFG'S	WPFG'S - TT	WPFG'S	WPFG'S	WPFG'S	WPFG'S	WPFG'S	WPFG'S - RR		
Mileage	46	76			80	34	20	73	76	90																						
Gym			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