

	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	Th				
	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				
			D	D	N	N					D	D	N	N					D	D	N	N				D	D	N	N					
Wgt	86	86	86	86	86	86	86	86	86	85	86	86	86	86	86	86	86	86	86	86	87	86	87	87	86	85	86	86	86	86				
Time	171	172	90		180			151	170	173	161			163			179			164	183			135	71			90	123	195			178	
Speed	27.3	25.1			26.4			27.1	27.3	27.2	25.9			26.8			27.9			24.7	26.4			27.2				27.2	24	26.8			26.7	
Cadence	87 a - 107 m	75 a - 99 m			78a - 104m			79a - 107m	80a - 101m	83a - 116m	76a - 103m			81a - 110m			80a - 101a			83a - 108m	77a - 101m			80a - 106m			92a - 140m	72a - 100m	77a - 103m			80a - 99m		
Training Function	Cadence	Hills	Rest Day		Power	Spinning		Spinning	Cadence	Hills	Rest Day		Power	Spinning			Cadence	Hills	Rest Day	Power	Spinning		Cadence		Hills	Power	Rest Day		Spinning					
Mileage	77	71			79		68	77	78	69			72			83		65	81				59				43	48	86			78		
Gym			1			1			1				1			1						1								1			1	

2749

1134

10

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