

**May 31, 2009**

Sunday

All Day

**clinic #1 -- Flower Hill**  
 bike handling skills and safety  
 all group leaders

first a talk about safety and then group riding dynamics and how to ride a paceline.

A loop through Rancho Santa Fe, and then an optional timed ride up torrey pines to give anyone who wants to know their baseline number. Then we will let people know the approx comfort times of each group.

**June 01, 2009**

Monday

All Day

day off

**June 02, 2009**

Tuesday

All Day

**bike -- flat course easy effort**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**June 03, 2009**

Wednesday

All Day

**spin class**

The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.

If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**June 04, 2009**

Thursday

All Day

**bike -- flat course easy effort**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**June 05, 2009**

Friday

All Day

rest day

**June 06, 2009**

Saturday

All Day

**1.5 hour ride**

mainly flat course. focus on position and pedaling. Try to keep your upper body still, and focus on the full pedal stroke.

**June 07, 2009**

Sunday

All Day **qmdc coastal ride 40 miles -- Flower Holl**  
40 miles  
mari at event in tahoe

**June 08, 2009**

Monday

All Day **rest day**  
Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**June 09, 2009**

Tuesday

All Day **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**June 10, 2009**

Wednesday

All Day **spin class**  
The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**June 11, 2009**

Thursday

All Day **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**June 12, 2009**

Friday

All Day **rest day**

**June 13, 2009**

Saturday

All Day **1.5 hours bike**  
Ride how you feel. If you feel super fresh go ahead and let your heart rate come up on some of the climbs and rollers. The goal of this ride is to get a good workout, but not to put yourself in a hole for the ride on Sunday. If you are tired, then just ride easy. Your heart rate should be mainly in zone 1 and 2. If you do not use a heart rate monitor, then you can go by perceived exertion and the ride should be at approx. 6-7 on a scale of 1-10.

**June 14, 2009**

Sunday

All Day                    **scripps poway parkway 55 mi**  
 55 miles  
 mari with group 4

**June 15, 2009**

Monday

All Day                    **rest day**  
 Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**June 16, 2009**

Tuesday

All Day                    **bike -- flat course easy effort**  
 Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**June 17, 2009**

Wednesday

All Day                    **spin class**  
 The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
 If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**June 18, 2009**

Thursday

All Day                    **bike -- flat course easy effort**  
 Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**June 19, 2009**

Friday

All Day                    **rest day**

**June 20, 2009**

Saturday

All Day                    **1.5 hours bike**  
 Ride how you feel. If you feel super fresh go ahead and let your heart rate come up on some of the climbs and rollers. The goal of this ride is to get a good workout, but not to put yourself in a hole for the ride on Sunday. If you are tired, then just ride easy. Your heart rate should be mainly in zone 1 and 2. If you do not use a heart rate monitor, then you can go by perceived exertion and the ride should be at approx. 6-7 on a scale of 1-10.

**June 21, 2009**

Sunday

All Day                      **puerto del sol 60 miles**  
60 miles  
mari with group 3

**June 22, 2009**

Monday

All Day                      **rest day**  
Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**June 23, 2009**

Tuesday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**June 24, 2009**

Wednesday

All Day                      **spin class**  
The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**June 25, 2009**

Thursday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**June 26, 2009**

Friday

All Day                      **rest day**

**June 27, 2009**

Saturday

All Day                      **1.5 hours bike**  
Ride how you feel. If you feel super fresh go ahead and let your heart rate come up on some of the climbs and rollers. The goal of this ride is to get a good workout, but not to put yourself in a hole for the ride on Sunday. If you are tired, then just ride easy. Your heart rate should be mainly in zone 1 and 2. If you do not use a heart rate monitor, then you can go by perceived exertion and the ride should be at approx. 6-7 on a scale of 1-10.

**June 28, 2009**

Sunday

All Day                      **train to Anaheim 80 miles**  
80 miles  
mari with group 2

**June 29, 2009**

Monday

All Day                      **rest day**  
Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**June 30, 2009**

Tuesday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**July 01, 2009**

Wednesday

All Day                      **spin class**  
The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**July 02, 2009**

Thursday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**July 03, 2009**

Friday

All Day                      **rest day**

**July 04, 2009**

Saturday

All Day                      **1.5 hours bike**  
Ride how you feel. If you feel super fresh go ahead and let your heart rate come up on some of the climbs and rollers. The goal of this ride is to get a good workout, but not to put yourself in a hole for the ride on Sunday. If you are tired, then just ride easy. Your heart rate should be mainly in zone 1 and 2. If you do not use a heart rate monitor, then you can go by perceived exertion and the ride should be at approx. 6-7 on a scale of 1-10.

**July 05, 2009**  
Sunday

All Day

clinic #2 -- Pershing Drive, San Diego, CA 92104

**7am - San Diego Velodrome, Morley Field, Balboa Park**

Bring tennis shoes, helmet and riding gear. The track bikes have flat pedals with toe straps.

Directions - Pershing Drive San Diego, CA 92104

From I-5 Exit Pershing Drive, Take Pershing Drive through Florida Street intersection and continue uphill (Golf Course is on right side), Turn left onto, first driveway on left, Drive through paved lot and continue on to dirt road and park at last dirt parking lot, Velodrome is to the north west of the dirt parking lot

**July 06, 2009**  
Monday

All Day

**rest day**

Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**July 07, 2009**  
Tuesday

All Day

**bike -- flat course easy effort**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**July 08, 2009**  
Wednesday

All Day

**spin class**

The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.

If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**July 09, 2009**  
Thursday

All Day

**bike -- flat course easy effort**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**July 10, 2009**  
Friday

All Day

**rest day**

**July 11, 2009**  
Saturday

All Day

**2 hours bike**

If you are riding alone, keep your heart rate avg at zone 2. We are increasing mileage on Sundays and need to be fresh for the long rides. If you are with a group, practice sitting in and just getting good leg speed. You might need to accelerate and your heart rate will go up during these efforts, but try to keep your heart rate on the lower side by sitting in and not going too hard.

**July 12, 2009**

Sunday

All Day **del dios 395 bonsall loop 67 miles**  
67 miles  
mari with group 1

**July 13, 2009**

Monday

All Day **rest day**  
Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**July 14, 2009**

Tuesday

All Day **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**July 15, 2009**

Wednesday

All Day **spin class**  
The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**July 16, 2009**

Thursday

All Day **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**July 17, 2009**

Friday

All Day **rest day**

**July 18, 2009**

Saturday

All Day **2 hours bike**  
If you are riding alone, keep your heart rate avg at zone 2. We are increasing mileage on Sundays and need to be fresh for the long rides. If you are with a group, practice sitting in and just getting good leg speed. You might need to accelerate and your heart rate will go up during these efforts, but try to keep your heart rate on the lower side by sitting in and not going too hard.

**July 19, 2009**

Sunday

All Day                      **san clemente 82 miles**  
82 miles

**July 20, 2009**

Monday

All Day                      **rest day**  
Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**July 21, 2009**

Tuesday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**July 22, 2009**

Wednesday

All Day                      **spin class**  
The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**July 23, 2009**

Thursday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**July 24, 2009**

Friday

All Day                      **rest day**

**July 25, 2009**

Saturday

All Day                      **2 hours bike**  
If you are riding alone, keep your heart rate avg at zone 2. We are increasing mileage on Sundays and need to be fresh for the long rides. If you are with a group, practice sitting in and just getting good leg speed. You might need to accelerate and your heart rate will go up during these efforts, but try to keep your heart rate on the lower side by sitting in and not going too hard.

**July 26, 2009**

Sunday

All Day

**palomar**  
possible 2 start locations  
1 start at fletcher cove and 1 start at in escondido....  
mari possibly at tour de france

**July 27, 2009**

Monday

All Day

**rest day**  
Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**July 28, 2009**

Tuesday

All Day

**bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**July 29, 2009**

Wednesday

All Day

**spin class**  
The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**July 30, 2009**

Thursday

All Day

**bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**July 31, 2009**

Friday

All Day

**rest day****August 01, 2009**

Saturday

All Day

**2 hours bike**  
If you are riding alone, keep your heart rate avg at zone 2. We are increasing mileage on Sundays and need to be fresh for the long rides. If you are with a group, practice sitting in and just getting good leg speed. You might need to accelerate and your heart rate will go up during these efforts, but try to keep your heart rate on the lower side by sitting in and not going too hard.

**August 02, 2009**

Sunday

All Day

**clinic #3**

time trials up torrey pines  
after workout talk on training and nutrition (location tbd) (brunch)

**August 03, 2009**

Monday

All Day

**rest day**

Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**August 04, 2009**

Tuesday

All Day

**bike -- flat course easy effort**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**August 05, 2009**

Wednesday

All Day

**spin class**

The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**August 06, 2009**

Thursday

All Day

**bike -- flat course easy effort**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**August 07, 2009**

Friday

All Day

**rest day****August 08, 2009**

Saturday

12:00 AM - 12:00 AM

**possible overnight camp in alpine for climbing -- alpine for climbing**

possible ideas

would be a climbing ride on saturday, a clinic with training talk on climbing etc., then meeting up with the rest of the qmdc riders for the kitchen creek ride on sunday

All Day

**bike 2.5 hours**

The best route for this workout is a flat to rolling course. Focus on your position and pedal stroke. Remember to pedal all the way through the bottom of the stroke. Just enjoy the ride today. If you can ride with friends that would be a great way to pass the time. Don't forget to fuel yourself for the weekend. It is important to eat and drink on your ride today so that you have energy and fuel for tomorrow.

**August 09, 2009**

Sunday

12:00 AM - 12:00 AM

possible overnight camp in alpine for climbing -- alpine for climbing  
Please See Above

All Day

kitchen creek  
mari with group 1

**August 10, 2009**

Monday

All Day

**rest day**

Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**August 11, 2009**

Tuesday

All Day

**bike -- flat course easy effort**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**August 12, 2009**

Wednesday

All Day

**spin class**

The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.

If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**August 13, 2009**

Thursday

All Day

**bike -- flat course easy effort**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**August 14, 2009**

Friday

All Day

**rest day****August 15, 2009**

Saturday

All Day

**bike 2.5 hours**

The best route for this workout is a flat to rolling course. Focus on your position and pedal stroke. Remember to pedal all the way through the bottom of the stroke. Just enjoy the ride today. If you can ride with friends that would be a great way to pass the time. Don't forget to fuel yourself for the weekend. It is important to eat and drink on your ride today so that you have energy and fuel for tomorrow.

**August 16, 2009**

Sunday

All Day scripps poway parkway/ highland 75 miles -- Flower Hill  
75 miles  
mari with group 3

**August 17, 2009**

Monday

All Day **rest day**  
Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**August 18, 2009**

Tuesday

All Day **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**August 19, 2009**

Wednesday

All Day **spin class**  
The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**August 20, 2009**

Thursday

All Day **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**August 21, 2009**

Friday

All Day **rest day**

**August 22, 2009**

Saturday

All Day **bike 2.5 hours**  
The best route for this workout is a flat to rolling course. Focus on your position and pedal stroke. Remember to pedal all the way through the bottom of the stroke. Just enjoy the ride today. If you can ride with friends that would be a great way to pass the time. Don't forget to fuel yourself for the weekend. It is important to eat and drink on your ride today so that you have energy and fuel for tomorrow.

**August 23, 2009**

Sunday

All Day                      **circle R twist 77 miles**  
mari with group 2

**August 24, 2009**

Monday

All Day                      **rest day**  
Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**August 25, 2009**

Tuesday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**August 26, 2009**

Wednesday

All Day                      **spin class**  
The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**August 27, 2009**

Thursday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**August 28, 2009**

Friday

All Day                      **rest day**

**August 29, 2009**

Saturday

All Day                      **easy on bike**  
enjoy the ride! Tomorrow is a clinic.

**August 30, 2009**

Sunday

All Day                      **clinic #4 topic tbd**  
time trial up torrey pines

**August 31, 2009**

Monday

All Day                      **rest day**  
Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**September 01, 2009**

Tuesday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**September 02, 2009**

Wednesday

All Day                      **spin class**  
The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**September 03, 2009**

Thursday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**September 04, 2009**

Friday

All Day                      **rest day**

**September 05, 2009**

Saturday

All Day                      **3 hour ride**  
We are building the mileage and the time on the bike. We need to get in the good mileage and time in the saddle. Keep your effort at about a 6 on a scale of 1-10. Let the terrain dictate the heartrate. Don't push too hard, but don't worry if your heartrate comes up a bit on a climb. Keep on top of eating and drinking. You want to make sure that you have plenty of fuel for the rides on sunday, and that starts with taking care of yourself today.

**September 06, 2009**

Sunday

**All Day**                    **great western loop 40 miles**  
 meet at the starbucks parking lot (cross roads?)  
 40 miles  
 mari with group 4

**September 07, 2009**

Monday

**All Day**                    **rest day**  
 Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**September 08, 2009**

Tuesday

**All Day**                    **bike -- flat course easy effort**  
 Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**September 09, 2009**

Wednesday

**All Day**                    **spin class**  
 The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
 If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**September 10, 2009**

Thursday

**All Day**                    **bike -- flat course easy effort**  
 Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**September 11, 2009**

Friday

**All Day**                    **rest day**

**September 12, 2009**

Saturday

**All Day**                    **3 hour ride**  
 We are building the mileage and the time on the bike. We need to get in the good mileage and time in the saddle. Keep your effort at about a 6 on a scale of 1-10. Let the terrain dictate the heartrate. Don't push too hard, but don't worry if your heartrate comes up a bit on a climb. Keep on top of eating and drinking. You want to make sure that you have plenty of fuel for the rides on sunday, and that starts with taking care of yourself today.

**September 13, 2009**

Sunday

All Day                      **Elfin Forest**  
 mari at tour of missouri

**September 14, 2009**

Monday

All Day                      **rest day**  
 Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**September 15, 2009**

Tuesday

All Day                      **bike -- flat course easy effort**  
 Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**September 16, 2009**

Wednesday

All Day                      **spin class**  
 The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
 If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**September 17, 2009**

Thursday

All Day                      **bike -- flat course easy effort**  
 Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**September 18, 2009**

Friday

All Day                      **rest day**

**September 19, 2009**

Saturday

12:00 AM - 12:00 AM                      **back to back centuries**  
 mari with group 4 on first day, group 1 on way back

**September 20, 2009**

Sunday

12:00 AM - 12:00 AM

back to back centuries

Please See Above

**September 21, 2009**

Monday

All Day

**rest day**

Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**September 22, 2009**

Tuesday

All Day

**bike -- flat course easy effort**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**September 23, 2009**

Wednesday

All Day

**spin class**

The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.

If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**September 24, 2009**

Thursday

All Day

**bike -- flat course easy effort**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**September 25, 2009**

Friday

All Day

**rest day****September 26, 2009**

Saturday

All Day

**2.5 hours bike**

The sunday ride is hard this week. Take it easy on the ride today. Just get in the time. Even though it's a shorter ride, still take care to eat and drink and think about being ready for tomorrow.

**September 27, 2009**

Sunday

All Day                      **oceanside ranger twist 83 miles**  
83 miles  
mari with group 3

**September 28, 2009**

Monday

All Day                      **rest day**  
Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**September 29, 2009**

Tuesday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**September 30, 2009**

Wednesday

All Day                      **spin class**  
The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.  
If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**October 01, 2009**

Thursday

All Day                      **bike -- flat course easy effort**  
Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**October 02, 2009**

Friday

All Day                      **rest day**

**October 03, 2009**

Saturday

All Day                      **2.5 hours bike**  
The sunday ride is hard this week. Take it easy on the ride today. Just get in the time. Even though it's a shorter ride, still take care to eat and drink and think about being ready for tomorrow.

**October 04, 2009**

Sunday

All Day

**fallbrook loop 96 miles**

mari possibly on east coast if not then with group 2

**October 05, 2009**

Monday

All Day

**rest day**

Enjoy your day off! Some great ways to recover from the hard workouts on Saturday and Sunday would be to get a massage, or take a bath, or even just some light stretching and a nap. The goal is to really focus on letting yourself recover. Try to avoid too much running around, and realize that recovery is just as important as hard workouts. You need to recover in order to improve.

**October 06, 2009**

Tuesday

All Day

**bike -- flat course easy effort**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**October 07, 2009**

Wednesday

All Day

**spin class**

The spinning workout goal is to get a high heart rate workout. Try to simulate an actual cycling position and ride at an effort level that has you pushing your limits. The spin workout is a great way to improve your fitness and spin.

If you do not have a spin class that you like, please contact me and I will give you workouts that you can do on the indoor trainer or on the road.

**October 08, 2009**

Thursday

All Day

**bike**

Try to keep a cadence that it is high as possible but still comfortable. The goal is to be light on the pedals and just get your legs comfortable in the spinning motion.

**October 09, 2009**

Friday

All Day

**rest day****October 10, 2009**

Saturday

All Day

**bike 3.5 hours**

The training is almost done! You've put in the miles. Find your favorite route and enjoy the day. The goal is to get in a good long ride. You will be resting until the start in San Francisco!



**October 18, 2009**

Sunday

All Day

qmdc

Please See Above

**October 19, 2009**

Monday

All Day

qmdc

Please See Above

**October 20, 2009**

Tuesday

All Day

qmdc

Please See Above

**October 21, 2009**

Wednesday

All Day

qmdc

Please See Above

**October 22, 2009**

Thursday

All Day

qmdc

Please See Above

**October 23, 2009**

Friday

All Day

qmdc

Please See Above

**October 24, 2009**

Saturday

All Day

qmdc

Please See Above