

BLOCK	WEEK	DATE	DAY	START	HOURS	MILEAGE	ELEVATION	SAGS	TERRAIN	ROUTE	EVENTS
ENDURANCE	1	6/3	SUN	CAF	3	48.4	1700	1	COASTAL	https://ridewithgps.com/routes/27401173	
ENDURANCE	2	6/10	SUN	FLOWER HILL	3	52.4	3100	1	ROLLING	https://ridewithgps.com/routes/27401050	
ENDURANCE	3	6/16	SAT	FLOWER HILL	3-4	55.8	3000	1	ELFIN	https://ridewithgps.com/routes/4773769	FATHERS DAY WEEKEND
ENDURANCE	4	6/24	SUN	RANCH SAN DIEGO (RSD)	4	67.3	6400	2	HILLY	https://ridewithgps.com/routes/27400949	
ENDURANCE	5	6/30	SAT	FLOWER HILL					COASTAL - ROLLING	CYCLING CLUB	
ENDURANCE	5	7/1	SUN	RECOVERY	4	39.7	2100		COASTAL - ROLLING	https://ridewithgps.com/routes/27403227	NO GROUP - OPTIONAL ROUTE
ENDURANCE	6	7/8	SUN	FLOWER HILL	4	46.9	3400	1	ELFINISH	https://ridewithgps.com/routes/27401232	
LOAD	7	7/15	SUN	FLOWER HILL	3	52.4	3100	1	ROLLING	https://ridewithgps.com/routes/27401050	
LOAD	8	7/22	SUN	FLOWER HILL	4	57.6	3500	2	ROLLING	https://ridewithgps.com/routes/27401084	
LOAD	9	7/29	SUN	RSD	5	67.3	6400	2	HILLY	https://ridewithgps.com/routes/27400949	
LOAD	10	8/5	SUN	FLOWER HILL	5	62.3	6800	2	HILLY	https://ridewithgps.com/routes/27401291	
LOAD	11	8/11	SAT	FLOWER HILL	6			2	HILLY	TBA	BACK TO BACK WEEKEND EVENT
LOAD	11	8/12	SUN		6			2	HILLY	TBA	BACK TO BACK WEEKEND EVENT
LOAD	12	8/18	SAT	FLOWER HILL					COASTAL - ROLLING	CYCLING CLUB	
LOAD	12	8/19	SUN	RECOVERY	4	39.7	2100		COASTAL - ROLLING	https://ridewithgps.com/routes/27403227	NO GROUP - OPTIONAL ROUTE
CAPACITY	13	8/26	SUN	FLOWER HILL	3	52.4	3100	1	COASTAL	https://ridewithgps.com/routes/27401050	
CAPACITY	14	9/2	SUN	FLOWER HILL	4	90	7900	2	ROLLING - INTERVALS	https://ridewithgps.com/routes/27401576	LABOR DAY WEEKEND
CAPACITY	15	9/9	SUN	FLOWER HILL	4	60.2	3500	2	ROLLING	https://ridewithgps.com/routes/14275253	
CAPACITY	16	9/16	SUN	RSD	4	96.2	9700	2	HILLY	https://ridewithgps.com/routes/27593175	
CAPACITY	17	9/22	SAT	FLOWER HILL						CYCLING CLUB	
CAPACITY	17	9/23	SUN	RECOVERY	3	39.7	2100		COASTAL	https://ridewithgps.com/routes/27403227	NO GROUP - OPTIONAL ROUTE
TAPER	18	9/30	SUN	FLOWER HILL	2	52.4	3100	1	COASTAL - CREW	https://ridewithgps.com/routes/27401050	
TAPER	19	10/7	SUN	CAF	2	48.4	1700	1	COASTAL	https://ridewithgps.com/routes/27401173	