

January 2009 Cycling Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
				Holiday	8:00 am - 10:00 am Interval Team Ride (Paul)	8:00 am - 10:00 am Endurance Team Ride (Derek)
4	5	6	7	8	9	10
5:45 am - 6:45 am Strength/Recovery (Suzanne)	10:30 am - 11:30 am Strength/Recovery (Gretchen)	5:45 am - 6:45 am Recovery (Derek)	10:30 am - 11:30 am Hill Climb/Recovery (Gretchen)	5:45 am - 6:45 am Hill Climb/Recovery (Carrie)	8:00 am - 10:00 am Interval Team Ride (Paul)	8:00 am - 10:00 am Endurance Team Ride (Derek)
6:00 pm- 7:00 pm Strength/Recovery (Carrie)		6:00 pm - 7:00 pm Recovery (Paul)	6:00 pm- 7:00 pm Hill Climb/Intervals (Suzanne)			
11	12	13	14	15	16	17
5:45 am - 6:45 am Strength/Intervals (Suzanne)	10:30 am - 11:30 am Strength/Intervals (Gretchen)	5:45 am - 6:45 am Power/Intervals (Derek)	10:30 am - 11:30 am Hill Climb/intervals (Gretchen)	5:45 am - 6:45 am Hill Climb/intervals (Carrie)	8:00 am - 10:00 am Interval Team Ride (Paul)	8:00 am - 10:00 am Endurance Team Ride (Derek)
6:00 pm- 7:00 pm Strength/Intervals (Carrie)		6:00 pm - 7:00 pm Power/Intervals (Paul)	6:00 pm- 7:00 pm Hill Climb/Intervals (Suzanne)			
18	19	20	21	22	23	24
5:45 am - 6:45 am Power test (Suzanne/Derek)	10:30 am - 11:30 am Strength/Intervals (Gretchen)	5:45 am - 6:45 am Power/Intervals (Derek)	10:30 am - 11:30 am Hill Climb/intervals (Gretchen)	5:45 am - 6:45 am Hill Climb/intervals (Carrie)	8:00 am - 10:00 am Interval Team Ride (Paul)	8:00 am - 10:00 am Endurance Team Ride (Derek)
6:00 pm- 7:00 pm Power test (Carrie/Paul)		6:00 pm - 7:00 pm Power/Intervals (Paul)	6:00 pm- 7:00 pm Hill Climb/Intervals (Suzanne)			
25	26	27	28	29	30	31
5:45 am - 6:45 am Strength/Intervals (Suzanne)	10:30 am - 11:30 am Strength/Intervals (Gretchen)	5:45 am - 6:45 am Power/Intervals (Derek)	10:30 am - 11:30 am Hill Climb/intervals (Gretchen)	5:45 am - 6:45 am Hill Climb/intervals (Carrie)	8:00 am - 10:00 am Interval Team Ride (Paul)	8:00 am - 10:00 am Endurance Team Ride (Derek)
6:00 pm- 7:00 pm Strength/Intervals (Carrie)		6:00 pm - 7:00 pm Power/Intervals (Paul)	6:00 pm- 7:00 pm Hill Climb/Intervals (Suzanne)			