

T-Town Bicycles Freewheel Training

April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 hour ride 1	Day off 2	Cross Train, Yoga, walking, strength training, running, etc. 3	45 min ride 4	Cross Train 5	Day off or easy ride 6	1 hour ride 7
1 hour Ride 8	Day off 9	Cross Train or easy 1 hour ride 10	1 hour ride 11	Cross Train 12	1 hour ride 13	2 hour hilly ride 14
2 hour hilly ride 15	Day off 16	Cross Train or easy 1 hour ride 17	1 1/2 hour ride 18	Cross Train 19	1 hour ride 20	2 1/2 hour ride 21
2 1/2 hour ride 22	Day off 23	Day off or easy ride 24	1 hour ride 25	Cross Train 26	Day off or easy ride 27	1 1/2 hour ride 28
1 1/2 hour ride 29	Day off 30					