

T-Town Bicycles Freewheel Training

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 11/2 hour ride	2 4 Hour Ride
3 4 Hour Ride	4 Day off	5 Cross Train or 1 hour ride	6 11/2 hour ride	7 Day off	8 45 min easy ride	9 Day 0
10 OK Freewheel Starts	11 OK Freewheel	12 OK Freewheel	13 OK Freewheel	14 OK Freewheel	15 OK Freewheel	16 OK Freewheel
17 Don't Stop Now lots of great riding to come!!!!!!	18	19	20	21	22	23
24	25	26	27	28	29	30