

T-Town Bicycles Freewheel Training

May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Cross Train or 1 hour ride	2 1 1/2 hour ride	3 1 1/2 hour ride with 3 6min efforts at exertion level 6 of 10	4 Cross Train	5 2 1/2 hour hilly ride
6 2 hour ride	7 Day off	8 Cross Train or 1 hour ride	9 1 1/2 hour ride	10 1 1/2 hour ride with 3 8min efforts at exertion level 6 of 10	11 Cross Train	12 3 hour ride
13 4 hour ride	14 Day off	15 Cross Train or easy 45min ride	16 1 hour ride	17 Day off or easy ride	18 Cross Train	19 2 hour ride
20 1 1/2 hour ride	21 Day off	22 1 1/2 hour ride	23 1 1/2 hour ride	24 1 1/2 hour ride with 4 6min efforts at exertion level 6 of 10	25 Cross Train	26 3 hour hilly ride
27 4 hour ride	28 Day off	29 1 1/2 hour ride	30 1 1/2 hour ride	31 Day off or easy ride		