

JANUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 a.m. indoor</p> <p>3hr - 1hr plyo 20 minute floor drills 1hr 40 min drills starts -passing position drills</p> <p style="text-align: right;">1</p>	<p>Rest</p> <p style="text-align: right;">2</p>	<p>6:30 p.m. cylce lake 30-40 miles</p> <p>notes: 4 laps(39 miles) moderate base pace Heart rate 140 bpm avg.</p> <p style="text-align: right;">3</p>	<p>6:30 p.m. cylce lake 30-40 miles</p> <p>notes: 4 laps(39 miles) moderate base pace Heart rate 120 bpm avg.</p> <p style="text-align: right;">4</p>	<p>6:30 p.m. cylce lake 30-40 miles</p> <p>notes: 4 laps(39 miles) moderate base pace Heart rate 125 bpm avg.</p> <p style="text-align: right;">5</p>	<p>gym Legs/BackArms</p> <p>notes; 315lb squat reps 50 & 60lb dumbell lunges</p> <p>body weight - 193 lbs</p> <p style="text-align: right;">6</p>	<p>9:00 a.m. Team ride</p> <p>notes; Big rock X 3 Mount Scott X 4 20 - 30 mile tempo ride in the refuge. Big Buffalo :)</p> <p style="text-align: right;">7</p>
<p>10:00 a.m. indoor</p> <p>3hr - 1hr plyo 20 minute floor drills 1hr 40 min drills passing - relays position drills</p> <p style="text-align: right;">8</p>	<p>Rest</p> <p style="text-align: right;">9</p>	<p>6:30 p.m. cylce lake 30-40 miles</p> <p>notes: 4 laps(39 miles) moderate base pace Heart rate 130 bpm avg.</p> <p style="text-align: right;">10</p>	<p>6:30 p.m. cycle lake 30-40 miles</p> <p style="text-align: right;">11</p>	<p>6:30 Skate southlakes park (10) 1/2 mi. sprints 1/4 mi. recovery (10 - 20) moderate technique laps</p> <p style="text-align: right;">12</p>	<p>gym Chest/Arms</p> <p>notes;</p> <p>body weight -</p> <p style="text-align: right;">13</p>	<p>9:00 a.m. Team ride 60-80 miles High tempo - Several long 5 to 10 minute intervals. notes;</p> <p style="text-align: right;">14</p>
<p>10:00 a.m. indoor</p> <p>3hr - 1hr plyo 20 minute floor drills 1hr 40 min drills</p> <p style="text-align: right;">15</p>	<p>Rest</p> <p style="text-align: right;">16</p>	<p>6:30 p.m. cylce lake 30-40 miles</p> <p>notes: 4 laps(39 miles) moderate base pace Heart rate bpm avg.</p> <p style="text-align: right;">17</p>	<p>6:30 Skate southlakes park (10) 1/2 mi. sprints 1/4 mi. recovery (10 - 20) moderate technique laps</p> <p style="text-align: right;">18</p>	<p>6:30 p.m. cycle lake 30-40 miles</p> <p style="text-align: right;">19</p>	<p>gym Legs/BackArms</p> <p>notes;</p> <p>body weight -</p> <p style="text-align: right;">20</p>	<p>9:00 a.m. Team ride 60-80 miles High tempo - Several long 5 to 10 minute intervals. notes;</p> <p style="text-align: right;">21</p>
<p>10:00 a.m. indoor</p> <p>3hr - 1hr plyo 20 minute floor drills 1hr 40 min drills</p> <p style="text-align: right;">22</p>	<p>Rest</p> <p style="text-align: right;">23</p>	<p>6:30 p.m. cylce lake 30-40 miles</p> <p>notes: 4 laps(39 miles) moderate base pace Heart rate bpm avg.</p> <p style="text-align: right;">24</p>	<p>6:30 Skate southlakes park (10) 1/2 mi. sprints 1/4 mi. recovery (10 - 20) moderate technique laps</p> <p style="text-align: right;">25</p>	<p>6:30 p.m. cycle lake 30-40 miles spin</p> <p style="text-align: right;">26</p>	<p>Rest</p> <p style="text-align: right;">27</p>	<p>INDOOR MEET WITCHITA</p> <p style="text-align: right;">28</p>
<p>INDOOR MEET WITCHITA</p> <p style="text-align: right;">29</p>	<p>gym Chest/Arms</p> <p>notes;</p> <p>body weight -</p> <p style="text-align: right;">30</p>	<p>6:30 p.m. cylce lake 30-40 miles spin</p> <p style="text-align: right;">31</p>				