



July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Optional Day Off
2	3 Easy 4-6mi	4 4-6mi w/ 10x30sec pickups	5 Easy 4-6mi	6 4-6mi w/ 10x30sec pickups	7 Easy 4-6mi	8 Easy 4-6mi
9 Day Off	10 Easy 4-6mi	11 4-6mi w/ 8x 1min on, 1min off	12 Easy 4-6mi	13 4-6mi w/ 8x 1min on, 1min off	14 Easy 4-6mi	15 Easy 4-6mi
16 Day Off	17 Easy 5-6mi	18 5-6mi w/ 10x30sec pickups	19 Easy 5-6mi	20 5-6mi w/ 1,2,3,2,1 minute pickups	21 Easy 5-6mi	22 Easy 5-6mi
23 Day Off	24 Easy 5-6mi	25 4-6x 2min hard uphill, 5-6mi total	26 Easy 5-6mi	27 5-6mi w/ 1,2,3,3,2,1 minute pickups	28 Easy 5-6mi	29 Easy 6-7mi
30 Day Off	31 Easy 5-7mi					