

July 2012

| June 2012 | | | | | | | July 2012 | | | | | | | August 2012 | | | | | | |
|-----------|----|----|----|----|----|-----|-----------|----|----|----|----|----|----|-------------|----|----|----|----|----|---------|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| | | | | | | 1 2 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | | | | | | 1 2 3 4 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | 29 | 30 | 31 | | | | | 26 | 27 | 28 | 29 | 30 | 31 | |

- Actual Workout
- 8 Week Century Grid

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|--|--|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| Grid: Cycle 5 miles ■ 8:25 PM Gym – 22 min incline treadmill walk, lower body workout | ■ 10:00 PM Gym – 6 min incline treadmill warmup, 20 min incline treadmill walk w/2 min jog | Grid: Cycle 5 miles | Grid: Cycle 5 miles | Grid: Cycle 5 miles | ■ 8:00 PM Bike Ride – 5 miles | Grid: Cycle 10 miles ■ 10:00 PM Gym – Warmup Incline Treadmill, Incline Treadmill walk with 5 min jog, lower body |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| Grid: Cycle 10 miles ■ 10:00 PM Swim – 30 min, 2/3 mile | | Grid: Cycle 5 miles | Grid: Cycle 5 miles | Grid: Cycle 5 miles ■ 3:00 PM Gym – Warmup Incline Treadmill, Incline Treadmill walk with 5 min jog, lower body | ■ 10:00 PM Bike Ride – 11 miles | Cycle 20 miles |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| Cycle 15 miles ■ 3:00 PM Gym – Warmup Incline Treadmill, Incline Treadmill walk with 5 min jog, lower body | ■ 4:00 PM Swim 23 Miles | Grid: Cycle 10 miles ■ 10:00 PM Bike Ride – 23 miles | Grid: Cycle 5 miles ■ 10:00 PM Gym – 6 min Warmup Incline Walk, back/abs | Grid: Cycle 10 miles ■ 9:00 PM Swim 1.1 miles | ■ 10:00 AM Bike Ride – 32 miles | Grid: Cycle 30 miles |

August 2012

| July 2012 | | | | | | | August 2012 | | | | | | | September 2012 | | | | | | |
|-----------|----|----|----|----|----|----|-------------|----|----|----|----|----|----|----------------|----|----|----|----|----|----|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 1 | 2 | 3 | 4 | 1 | | | | | | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 29 | 30 | 31 | 26 | 27 | 28 | 29 | 30 | 31 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | | | | |
| | | | | | | | | | 30 | | | | | | | | | | | |

- Actual Workout
- 8 Week Century Grid

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-----------------------------|---|---|---|--|--|
| 29 Cycle 15 miles 3:00 PM Cym - Warmup Incline Treadmill, Incline Treadmill walk with 5 min jog, lower body | 30 4:00 PM Swim 23 Miles | 31 Grid: Cycle 10 miles 10:00 PM Bike Ride - 23 miles | 1 Grid: Cycle 5 miles 10:00 PM Gym - 6 min Warmup Incline Walk, back/abs | 2 Grid: Cycle 10 miles 9:00 PM Swim 1.1 miles | 3 10:00 AM Bike Ride - 32 miles | 4 Grid: Cycle 30 miles |
| 5 Grid: Cycle 20 miles 3:00 PM Cym - Warmup Incline Treadmill, 27 min Incline Treadmill walk with 8 min jog, lower body, 10 min/ 2.2 mi light recumb bike) | 6 | 7 Grid: Cycle 15 miles 10:00 PM 5 mi Ex Bike | 8 Grid: Cycle 5 miles 8:59 PM Gym - 10 min Warmup Incline Treadmill, lower body, 27 min incline Treadmill walk with 8 min jog - walk/ jog last! | 9 Grid: Cycle 15 miles | 10 7:00 PM Bike Ride - 16.25 mi San Vicente Loops | 11 Grid: Cycle 40 miles 2:59 PM Gym - 10 min Warmup Incline Treadmill, lower body, 30 min incline Treadmill walk with 13 min jog - walk/ jog last! |
| 12 Grid: Cycle 25 miles 12:00 PM Bike Ride - 43 miles to/from Malibu Cyn and Mandeville Cyn with 2000 ft elevation gain | 13 | 14 Grid: Cycle 20 miles | 15 Grid: Cycle 5 miles | 16 Grid: Cycle 20 miles | 17 | 18 Grid: Cycle 50 miles |
| 19 Grid: Cycle 30 miles | 20 | 21 Grid: Cycle 25 miles | 22 Grid: Cycle 5 miles | 23 Grid: Cycle 25 miles | 24 | 25 Grid: Cycle 60 miles |
| 26 Grid: Cycle 35 miles | 27 | 28 Grid: Cycle 30 miles | 29 Grid: Cycle 5 miles | 30 Grid: Cycle 30 miles | 31 | 1 Grid: Cycle 70 miles |

September 2012

| August 2012 | | | | | | | September 2012 | | | | | | | October 2012 | | | | | | | | | |
|-------------|----|----|----|----|----|----|----------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|--|--|--|
| S | M | T | W | T | F | S | S | M | T | W | T | F | S | S | M | T | W | T | F | S | | | |
| | | | 1 | 2 | 3 | 4 | | | | | | 1 | | | | | | | 6 | | | | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | | |
| 26 | 27 | 28 | 29 | 30 | 31 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 28 | 29 | 30 | 31 | | | | | | | |
| | | | | | | | 30 | | | | | | | | | | | | | | | | |

- Actual Workout
- 8 Week Century Grid

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|--------|----------------------------|---------------------------|----------------------------|--------|--------------------------------|
| 26 Grid: Cycle 35 miles | 27 | 28 Grid: Cycle 30 miles | 29 Grid: Cycle 5 miles | 30 Grid: Cycle 30 miles | 31 | 1 Grid: Cycle 70 miles |
| 2 Grid: Cycle 40 miles | 3 | 4 Grid: Cycle 35 miles | 5 Grid: Cycle 5 miles | 6 Grid: Cycle 35 miles | 7 | 8 Hearst Castle - 100 miles |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 1 | 2 | 3 | 4 | 5 | 6 |