

# July 2011

June 2011

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

July 2011

S	M	T	W	T	F	S
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

August 2011

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

- Actual Workout
- 8 Week Century Grid

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28 7:50 AM 4.6 mi run in Stowe	29	30	1	2 11:00 AM 3 hr skiing at Mammoth
3 12:00 PM 60 mi ride at Mammoth, 4564 ft. vert.	4 10:40 AM 3.5 hr skiing at Mammoth	5	6	7 6:45 PM Gym (Warmup, stretch, legs, recumbent ex bike)	8	9 12:45 PM 68 mile ride: Up Old Topanga, Up Stunt, Down Piuma, Mulholland to Rock Store and back to Malibu Cyn, PCH home
10 9:35 PM 4.2 mile run	11	12 10:15 PM Gym (stretch, lower body, 30 min recumbent ex bike)	13 ... Gym (stretch, lower body, 30 min recumbent ex bike)	14 1:15 PM Gym (Warmup, stretch, legs, 32 recumbent ex bike)	15	16 1:00 PM 37 mile ride: Alternate Beach Cities Cycling Climbing Ride around PV
17 Grid: Cycle 5 miles	18	19 Grid: Cycle 5 miles 10:15 PM Gym (stretch and warm-up, lower body, 30 min. / 9 mi recumbent ex bike)	20 Grid: Cycle 5 miles ... Gym (stretch and warm-up, lower body, 30 min. / 9 mi recumbent ex bike) 10:00 PM Stretch and Back/Abs	21 Grid: Cycle 5 miles	22	23 Grid: Cycle 10 miles 12:50 PM 68 mile ride: PCH Down to shoulder closing in Ventura and back
24 Grid: Cycle 10 miles 9:15 PM Gym (stretch, lower body, 30 min. / 9 mi recumbent ex bike)	25	26 Grid: Cycle 5 miles	27 Grid: Cycle 5 miles 10:15 PM Gym (stretch, lower body, 30 min. / 9 mi recumbent ex bike)	28 Grid: Cycle 5 miles ... Gym (stretch, lower body, 30 min. / 9 mi recumbent ex bike) 7:25 PM 5 mi workout on trainer	29	30 Cycle 20 miles
31 Cycle 15 miles	1	2 Grid: Cycle 10 miles	3 Grid: Cycle 5 miles	4 Grid: Cycle 10 miles	5	6 Grid: Cycle 30 miles 9:15 PM Gym (stretch, lower body, 30 min. / 9 mi recumbent ex bike)

# August 2011

July 2011							August 2011							September 2011							
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	1	2	3						
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29	30		
31																					

- Actual Workout
- 8 Week Century Grid

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Cycle 15 miles	1	2 Grid: Cycle 10 miles	3 Grid: Cycle 5 miles	4 Grid: Cycle 10 miles	5	6 Grid: Cycle 30 miles <span style="color: red;">■</span> 9:15 PM Gym (stretch, lower body, 30 min. / 9 mi recumbent ex bike)
7 Grid: Cycle 20 miles	8	9 Grid: Cycle 15 miles <span style="color: red;">■</span> 10:00 PM Hotel Gym – Stretch, Back & Abs, Ex Bike (9 mi)	10 Grid: Cycle 5 miles <span style="color: red;">■</span> 7:00 PM Hotel Gym – Stretch, 3 mi treadmill run	11 Grid: Cycle 15 miles	12 <span style="color: red;">■</span> 11:00 AM 5.9 mi Hike – Multnomah Falls OR	13 Grid: Cycle 40 miles <span style="color: red;">■</span> 9:00 AM Ride 65 mi – BCC Club Nichols Cyn
14 Grid: Cycle 25 miles	15	16 Grid: Cycle 20 miles <span style="color: red;">■</span> 6:30 PM 2.5 mi bike ride up 26th testing out chain and cassette replacement <span style="color: red;">■</span> 9:15 PM Gym (stretch, lower body, 30 min. / 9 mi recumbent ex bike)	17 Grid: Cycle 5 miles <span style="color: red;">■</span> 7:50 AM 15 mile morning commute <span style="color: red;">■</span> 6:30 PM 23 mile evening commute	18 Grid: Cycle 20 miles	19 <span style="color: red;">■</span> 9:30 PM Gym (stretch, lower body, 25 min. / 7.5 mi recumbent ex bike)	20 Grid: Cycle 50 miles <span style="color: red;">■</span> 9:00 AM 30 mi. Bike Ride (Mandeville Cyn + 2xOld Training Route)
21 Grid: Cycle 30 miles <span style="color: red;">■</span> 9:00 AM 78 mi. Bike Ride – (Old Topanga, Stunt & Lati-go Cyn)	22	23 Grid: Cycle 25 miles <span style="color: red;">■</span> 6:30 PM 2.5 mi bike ride up 26th testing out hangar straightening & gear tweaking for gear skipping <span style="color: red;">■</span> 9:15 PM Gym (stretch, lower body, 30 min. stair mill)	24 Grid: Cycle 5 miles <span style="color: red;">■</span> 7:55 AM 22 mile morning commute <span style="color: red;">■</span> 6:37 PM 25 mile evening commute	25 Grid: Cycle 25 miles	26	27 Grid: Cycle 60 miles <span style="color: red;">■</span> 4:00 PM 87 mi Ride – Pt Mugu & back plus Latigo Cyn
28 Grid: Cycle 35 miles <span style="color: red;">■</span> 2:00 AM 6 mi training ride (aborted from 35 after spill)	29	30 Grid: Cycle 30 miles	31 Grid: Cycle 5 miles <span style="color: red;">■</span> 8:00 PM 1 mile bike test on trainer (new derailleur)	1 Grid: Cycle 30 miles <span style="color: red;">■</span> 7:00 PM 10 mile light spin (first time out on road after road rash)	2 <span style="color: red;">■</span> 6:55 PM 20 mile medium/ light effort spin	3 Grid: Cycle 70 miles <span style="color: red;">■</span> 8:00 AM 38 mile BCC Club Around PV Best Buddies Tune-Up Ride

# September 2011

August 2011							September 2011							October 2011						
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	1	2	3	1											
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
28	29	30	31	25	26	27	28	29	30	23	24	25	26	27	28	29				
																	30	31		

- Actual Workout
- 8 Week Century Grid

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Grid: Cycle 35 miles 2:00 AM 6 mi training ride (aborted from 35 after spill)	29	30 Grid: Cycle 30 miles	31 Grid: Cycle 5 miles 8:00 PM 1 mile bike test on trainer (new derailleur)	1 Grid: Cycle 30 miles 7:00 PM 10 mile light spin (first time out on road after road rash)	2 6:55 PM 20 mile medium/light effort spin	3 Grid: Cycle 70 miles 8:00 AM 38 mile BCC Club Around PV Best Buddies Tune-Up Ride
4 Grid: Cycle 40 miles	5 12:00 PM 50 mile ride up Latigo Cyn and back	6 Grid: Cycle 35 miles	7 Grid: Cycle 5 miles	8 Grid: Cycle 35 miles	9	10 Hearst Castle - 100 miles 10:00 PM 100 mile Hearst Castle Challenge Ride!!!
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1