

# 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
- Home

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
<p>Grid: Cycle 5 miles</p> <p>8:25 PM Gym - 22 min incline treadmill walk, lower body workout</p>	<p>10:00 PM Gym - 6 min incline treadmill warmup, 20 min incline treadmill walk w/2 min jog</p>	Grid: Cycle 5 miles	Grid: Cycle 5 miles	Grid: Cycle 5 miles	8:00 PM Bike Ride - 5 miles	<p>Grid: Cycle 10 miles</p> <p>10:00 PM Gym - Warmup Incline Treadmill, Incline Treadmill walk with 5 min jog, lower body</p>
22	23	24	25	26	27	28
<p>Grid: Cycle 10 miles</p> <p>10:00 PM Swim - 30 min, 2/3 mile</p>		Grid: Cycle 5 miles	Grid: Cycle 5 miles	Grid: Cycle 5 miles	10:00 PM Bike Ride - 11 miles	Cycle 20 miles
29	30	31	1	2	3	4
<p>Cycle 15 miles</p> <p>3:00 PM Gym - Warmup Incline Treadmill, Incline Treadmill walk with 5 min jog, lower body</p>	4:00 PM Swim 1 mile	<p>Grid: Cycle 10 miles</p> <p>10:00 PM Bike Ride - 23 miles</p>	<p>Grid: Cycle 5 miles</p> <p>10:00 PM Gym - 6 min Warmup Incline Walk, back/abs</p>	<p>Grid: Cycle 10 miles</p> <p>9:00 PM Swim 1.1 miles</p>	10:00 AM Bike Ride - 32 miles	Grid: Cycle 30 miles

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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	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
8	9	10	11	12	13	14	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				
15	16	17	18	19	20	21	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31											
22	23	24	25	26	27	28	19	20	21	22	23	24	25	26	27	28	29	30	31	28	29	30	31														
29	30	31	26	27	28	29	30	31	23	24	25	26	27	28	29	30	31																				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Cycle 15 miles 3:00 PM Gym – Warmup Incline Treadmill, Incline Treadmill walk with 5 min jog, lower body	30 4:00 PM Swim 1 mile	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 Gym – 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 (max level: 11)	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 10:10 AM Bike Ride – 43 miles to/from Malibu Cyn and Mandeville Cyn with 2000 ft elevation gain	13 11:00 PM Swim 0.95 mile (got to pool too late to finish mile)	14 Grid: Cycle 20 miles ... Swim 0.95 mile (got to pool too late to finish mile)	15 Grid: Cycle 5 miles	16 Grid: Cycle 20 miles 12:00 PM 7 mi Ex Bike – 7 min, 1.5 mile warmup then 23 minute 5.5 mile workout (max level: 13)	17	18 Grid: Cycle 50 miles 8:45 AM Bike Ride – 50 miles up Mandeville & Old Topanga Cyns with 3250 ft elevation gain
19 Grid: Cycle 30 miles 7:59 PM Gym – 10 min Warmup Incline Treadmill, lower body, 30 min incline Treadmill walk with 15 min jog – walk/jog last!	20	21 Grid: Cycle 25 miles 3:00 AM Swim 1 mile (49 minutes)	22 Grid: Cycle 5 miles 10:00 PM 8.3 mi Ex Bike – 8 min, 2 mile warmup then 26 minute 6.3 mile workout (max level: 14)	23 Grid: Cycle 25 miles	24 8:59 PM Gym & Jog – 10 min Warmup Jog OUTDOORS, lower body @GYM, 30 min/2.25 mile walk/jog OUTDOORS (15 min each ~1am)	25 Grid: Cycle 60 miles 3:00 PM Swim 1.1 miles
26 Grid: Cycle 35 miles 10:00 AM Bike Ride – 60 miles up Topanga Cyn and Stunt Rds, over and down Piuma ridge to Malibu Cyn & PCH	27	28 Grid: Cycle 30 miles	29 Grid: Cycle 5 miles	30 Grid: Cycle 30 miles 7:00 PM 9.7 mi Ex Bike – 10 min, 2.3 mile warmup then 30 minute 7.4 mile workout (max level: 15)	31 7:59 PM Gym & Jog – 10 min Warmup Jog OUTDOORS, lower body @GYM, 30 min/2.35 mile walk(10min)/jog(20min) OUTDOORS	1 Grid: Cycle 70 miles 10:30 AM Bike Ride – 79 miles up & back Latigo Cyn, up Old Topanga and back Topanga & PCH

# 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				1	2	3	4	5	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																

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Grid: Cycle 35 miles 10:00 AM Bike Ride - 60 miles up Topanga Cyn and Stunt Rds, over and down Piuma ridge to Malibu Cyn & PCH	27	28 Grid: Cycle 30 miles	29 Grid: Cycle 5 miles	30 Grid: Cycle 30 miles 7:00 PM 9.7 mi Ex Bike - 10 min, 2.3 mile warmup then 30 minute 7.4 mile workout (max level: 15)	31 7:59 PM Gym & Jog - 10 min Warmup Jog OUTDOORS, lower body @GYM, 30 min/2.35 mile walk(10min)/jog(20min) OUTDOORS	1 Grid: Cycle 70 miles 10:30 AM Bike Ride - 79 miles up & back Latigo Cyn, up Old Topanga and back Topanga & PCH
2 Grid: Cycle 40 miles 5:53 PM Swim 1.25 miles	3 12:30 PM Bike Ride - 38 miles - down PCH and back	4 Grid: Cycle 35 miles 7:59 PM Gym & Jog - 10 min Warmup Jog OUTDOORS, lower body @GYM, 6 min/.5 mile walk(3min)/jog(3min) - PULLED CALF!!! - OUTDOORS	5 Grid: Cycle 5 miles	6 Grid: Cycle 35 miles	7	8 Hearst Castle - 100 miles 7:45 AM Bike Ride - 100 miles from Carmel to San Simeon
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