

# July 2013

- 8 Week Century Grid 2
- Actual Workout
- 8 Week Century Grid
- Home

June 2013							July 2013							August 2013							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
						1	1	2	3	4	5	6							1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30	31				
30																					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10 - 4:00 PM Gym – 7 mi ex. bike	11	12	13 - 4:00 PM Road Bike – 58 miles, 2005 ft elevation gain
14 Grid: Cycle 5 miles	15	16 Grid: Cycle 5 miles	17 Grid: Cycle 5 miles	18 Grid: Cycle 5 miles - 4:00 PM Gym – 2.4 mi warmup ex bike, 7.4 reg ex bike	19 - 4:00 PM Gym Workout – Lower Body Weights and 5 miles recumb ex. bike	20 Grid: Cycle 10 miles
21 Grid: Cycle 10 miles - 11:00 PM Road Bike – 58 miles, 3045 ft elevation gain	22 - ... Road Bike – 58 miles, 3045 ft elevation gain	23 Grid: Cycle 5 miles	24 Grid: Cycle 5 miles	25 Grid: Cycle 5 miles	26	27 Cycle 20 miles
28 Cycle 15 miles	29	30 Grid: Cycle 10 miles	31 Grid: Cycle 5 miles	1 Grid: Cycle 10 miles	2	3 Grid: Cycle 30 miles

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Cycle 15 miles	29	30 Grid: Cycle 10 miles	31 Grid: Cycle 5 miles	1 Grid: Cycle 10 miles	2	3 Grid: Cycle 30 miles
4 Grid: Cycle 20 miles	5	6 Grid: Cycle 15 miles	7 Grid: Cycle 5 miles	8 Grid: Cycle 15 miles	9	10 Grid: Cycle 40 miles
11 Grid: Cycle 25 miles	12	13 Grid: Cycle 20 miles	14 Grid: Cycle 5 miles	15 Grid: Cycle 20 miles	16	17 Grid: Cycle 50 miles
18 Grid: Cycle 30 miles	19	20 Grid: Cycle 25 miles	21 Grid: Cycle 5 miles	22 Grid: Cycle 25 miles	23	24 Grid: Cycle 60 miles
25 Grid: Cycle 35 miles	26	27 Grid: Cycle 30 miles	28 Grid: Cycle 5 miles	29 Grid: Cycle 30 miles	30	31 Grid: Cycle 70 miles

# September 2013

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August 2013							September 2013							October 2013						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Grid: Cycle 40 miles	2	3 Grid: Cycle 35 miles	4 Grid: Cycle 5 miles	5 Grid: Cycle 35 miles	6	7 Hearst Ca... 100 miles
8	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