


Week	Mon Date	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
1	31-May	2		3		4			9
2	7-Jun		3		3		4		10
3	14-Jun		3		3		5		11
4	21-Jun	3					3	R	6
5	28-Jun		3		5		8		16
6	5-Jul		3		5		9		17
7	12-Jul		3		R		10		13
8	19-Jul		5		5		5	R	15
9	26-Jul		2		6		12		20
10	2-Aug		2		7		14		23
11	9-Aug		2		R		16		18
12	16-Aug		6		6		5	R	17
13	23-Aug		2		7		18		27
14	30-Aug		2		8		20		30
15	6-Sep		2		R		16		18
16	13-Sep		7		6		6	R	19
17	20-Sep		2		5		20		27
18	27-Sep		2		8		12		22
19	4-Oct		2		R		8		10
20	11-Oct		2		5	2		26	35

 Easy

 Tempo

 Speedwork

 Mt Lemmon Run (July 10 will be on Mt Graham)

R Ride (Sunday rides on Mt Lemmon doing repeats from Windy Pt to Ski Valley)