



June 2019

SUN MON TUE WED THU FRI SAT

Training Calendar

1

Weekly Goals

2	3	4	5	6	7	8
	3		4			8
	Miles		Miles			Miles

Ride All 3 with us

Ride what you can with us and make up the other rides on your own.

9	10	11	12	13	14	15
	5		6			12
	Miles		Miles			Miles

Route maps will be provided.

16	17	18	19	20	21	22
	7		8			16
	Miles		Miles			Miles

Couch to 50 Miles

23	24	25	26	27	28	29
	10		10			20
	Miles		Miles			Miles

1451 W. Campbell Road
Richardson, TX 75080

Phone: 972-231-3993

E-mail: ???

30



July 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	11 Miles		11 Miles			22 Miles
7	8	9	10	11	12	13
	12 Miles		12 Miles			24 Miles
14	15	16	17	18	19	20
	14 Miles		14 Miles			28 Miles
21	22	23	24	25	26	27
	16 Miles		16 Miles			32 Miles
28	29	30	31			
	18 Miles		18 Miles			

Training Calendar

Weekly Goals

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Couch to 50 Miles

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August 2019

SUN MON TUE WED THU FRI SAT

Training Calendar

Weekly Goals

36
Miles

Ride All 3 with us

4 5 6 7 8 9 10

Ride what you can with us and make up the other rides on your own.

20 Miles 20 Miles 40 Miles

11 12 13 14 15 16 17

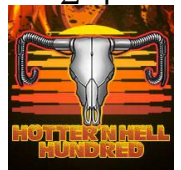
20 Miles 20 Miles 40 Miles

Route maps will be provided.

18 19 20 21 22 23 24

Couch to 50 Miles

20 Miles 15 Miles



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