

# Cycling Training Schedule: 4th Quarter

	Rest	M	ORC	E	Rest	ORC	M
Week starting	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4-Oct-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
11-Oct-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
18-Oct-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
25-Oct-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
1-Nov-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
8-Nov-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
15-Nov-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
22-Nov-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
29-Nov-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
6-Dec-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
13-Dec-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
20-Dec-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
27-Dec-04	Rest	1 Hour	2 Hour	1 Hour	Rest	2 Hour	3 Hour
E	A pace that is easier than you would normally ride. It is quite leisurely.						
M	A pace that you can maintain for long distances.						
H	A pace that leaves you out of breath. Several miles per hour faster than your normal pace.						
ORC	A hard pace with the Orlando Road Club.						