Lakeside Wheelers

Blank Training Plan for "Base Training" period

2010.10.23

Base Training	Base 1	**Week 1**	**Mon 1st Nov**	**Tue 2nd Nov**	**Wed 3rd Nov**	**Thu 4th Nov**	**Fri 5th Nov**	**Sat 6th Nov**	**Sun 7th Nov**
		Total hours: h m	Time:	Time:	Time:	Time:	Time:	Time:	**Club Spin** Time:
		Week 2	**Mon 8th Nov**	**Tue 9th Nov**	**Wed 10th Nov**	**Thu 11th Nov**	**Fri 12th Nov**	**Sat 13th Nov**	**Sun 14th Nov**
		Total hours: h m	Time:	Time:	Time:	Time:	Time:	Time:	**Club Spin** Time:
		Week 3	**Mon 15th Nov**	**Tue 16th Nov**	**Wed 17th Nov**	**Thu 18th Nov**	**Fri 19th Nov**	**Sat 20th Nov**	**Sun 21st Nov**
		Total hours: h m	Time:	Time:	Time:	Time:	Time:	Time:	**Club Spin** Time:
		Week 4	**Mon 22nd Nov**	**Tue 23rd Nov**	**Wed 24th Nov**	**Thu 25th Nov**	**Fri 26th Nov**	**Sat 27th Nov**	**Sun 28th Nov**
		Total hours: h m	Time:	Time:	Time:	Time:	Time:	Time:	**Club Spin** Time:
		Week 5	**Mon 29th Nov**	**Tue 30th Nov**	**Wed 1st Dec**	**Thu 2nd Dec**	**Fri 3rd Dec**	**Sat 4th Dec**	**Sun 5th Dec**
		Recovery Week Easy back on duration of sessions &intensity. Total hours: h m	Time:	Time:	Time:	Time:	Time:	Time:	**Club Spin** Time:
	Base 2	**Week 6**	**Mon 6th Dec**	**Tue 7th Dec**	**Wed 8th Dec**	**Thu 9th Dec**	**Fri 10th Dec**	**Sat 11th Dec**	**Sun 12th Dec**
		Total hours: h m	Time:	Time:	Time:	Time:	Time:	Time:	**Club Spin** Time:
		Week 7	**Mon 13th Dec**	**Tue 14th Dec**	**Wed 15th Dec**	**Thu 16th Dec**	**Fri 17th Dec**	**Sat 18th Dec**	**Sun 19th Dec**
		Total hours: h m	Time:	Time:	Time:	Time:	Time:	Time:	**Club Spin** Time:
		Week 8	**Mon 20th Dec**	**Tue 21st Dec**	**Wed 22nd Dec**	**Thu 23rd Dec**	**Fri 24th Dec**	**Sat 25th Dec**	**Sun 26th Dec**
		Total hours: h m	Time:	Time:	Time:	Time:	Time:	Time:	**Club Spin** Time:
		Week 9	**Mon 27th Dec**	**Tue 28th Dec**	**Wed 29th Dec**	**Thu 30th Dec**	**Fri 31st Dec**	**Sat 1st Jan**	**Sun 2nd Jan**
		Total hours: h m	Time:	Time:	Time:	Time:	Time:	Time:	**Club Spin** Time:
		Week 10	**Mon 3rd Jan**	**Tue 4th Jan**	**Wed 5th Jan**	**Thu 6th Jan**	**Fri 7th Jan**	**Sat 8th Jan**	**Sun 9th Jan**
		Recovery Week Easy back on duration of sessions &intensity. Total hours: h m	Time:	Time:	Time:	Time:	Time:	Time:	**Club Spin** Time: