

3000 Miles for Babies to benefit Diamond Children's Medical Center at UMC Training Schedule

<u>Week of:</u>	<u>Week day rides miles</u>		<u>Weekend ride miles</u>	<u>Total Distance</u>	<u>Clinics</u>
5/2/2010	5	5	0	10	May 7, 5-7pm, Bike Handling
5/9/2010	10	10	20	40	
5/16/2010	10	12	35	57	
5/23/2010	12	12	45	69	May 27, 6-7pm, Nutrition
5/30/2010	10	12	30	52	
6/6/2010	12	15	45	72	
6/13/2010	15	15	55	85	
6/20/2010	15	15	65	95	June 24, 6-7pm, Bike repair
6/27/2010	15	15	40	70	
7/4/2010	15	20	50	85	
7/11/2010	15	20	65	100	
7/18/2010	20	20	75	115	
7/25/2010	15	20	50	85	
8/1/2010	20	20	75	115	
8/8/2010	20	20	80	120	
8/15/2010	20	20	85	125	
8/22/2010	15	20	60	95	August 24, 6-7-30pm, "12 weeks to your best tour"
8/29/2010	20	20	85	125	
9/5/2010	20	25	90	135	
9/12/2010	20	25	95	140	
9/19/2010	20	25	75	120	
9/26/2010	20	25	90	135	
10/3/2010	20	25	100	145	
10/10/2010	25	25	100	150	
10/17/2010	20	20	75	115	
10/24/2010	25	25	101	151	Sept 25, 7-9 AM, pace line skills
10/31/2010	25	25	75	125	
11/7/2010	25	25	75	125	
11/14/2010	20	15		35	
11/20/2010	El Tour De Tucson			<u>109</u>	
Grand Total				3000	