10 Week Training Schedule for the CENTURY- LiveSTRONG Challenge
(from Bicycling magazine)

1. Wk of Jun 18, 07	*Mon (Easy)*	*Tue (Pace)*	*Wed (Brisk)*	*Thur*	*Fri (Pace)*	*Sat (Pace)*	*Sun (Pace)*	*Total*
Goal (Miles)	6	10	12	OFF	10	30	9	77
Actual (Miles)								

2. Wk of Jun 25, 07	*Mon (Easy)*	*Tue (Pace)*	*Wed (Brisk)*	*Thur*	*Fri (Pace)*	*Sat (Pace)*	*Sun (Pace)*	*Total*
Goal (Miles)	10	13	15	OFF	13	44	17	112
Actual (Miles)								

3. Wk of July 2, 07	*Mon (Easy)*	*Tue (Pace)*	*Wed (Brisk)*	*Thur*	*Fri (Pace)*	*Sat (Pace)*	*Sun (Pace)*	*Total*
Goal (Miles)	10	15	17	OFF	16	53	17	128
Actual (Miles)								

4. Wk of July 9, 07	*Mon (Easy)*	*Tue (Pace)*	*Wed (Brisk)*	*Thur*	*Fri (Pace)*	*Sat (Pace)*	*Sun (Pace)*	*Total*
Goal (Miles)	11	16	19	OFF	16	53	20	135
Actual (Miles)								

5. Wk of July 16, 07	*Mon (Easy)*	*Tue (Pace)*	*Wed (Brisk)*	*Thur*	*Fri (Pace)*	*Sat (Pace)*	*Sun (Pace)*	*Total*
Goal (Miles)	12	18	20	OFF	18	59	22	149
Actual (Miles)								

6. Wk of July 23, 07	*Mon (Easy)*	*Tue (Pace)*	*Wed (Brisk)*	*Thur*	*Fri (Pace)*	*Sat (Pace)*	*Sun (Pace)*	*Total*
Goal (Miles)	13	19	23	OFF	19	64	24	162
Actual (Miles)								

7. Wk of July 30, 07	*Mon (Easy)*	*Tue (Pace)*	*Wed (Brisk)*	*Thur*	*Fri (Pace)*	*Sat (Pace)*	*Sun (Pace)*	*Total*
Goal (Miles)	17	20	25	OFF	20	71	27	180
Actual (Miles)								

8. Wk of Aug 6, 07	*Mon (Easy)*	*Tue (Pace)*	*Wed (Brisk)*	*Thur*	*Fri (Pace)*	*Sat (Pace)*	*Sun (Pace)*	*Total*
Goal (Miles)	16	20	27	OFF	20	75	29	187
Actual (Miles)								

9. Wk of Aug 13, 07	*Mon (Easy)*	*Tue (Pace)*	*Wed (Brisk)*	*Thur*	*Fri (Pace)*	*Sat (Pace)*	*Sun (Pace)*	*Total*
Goal (Miles)	17	20	30	OFF	20	75	32	194
Actual (Miles)								

10. Wk of Aug 20, 07	*Mon (Easy)*	*Tue (Pace)*	*Wed (Brisk)*	*Thur*	*Fri (Pace)*	*Sat (Pace)*	*Sun (Pace)*	*Total*
Goal (Miles)	19	20	30	OFF	10	5	100	184
Actual (Miles)								