







SEP

Aim: building up to 4 sessions a week

	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly score
WK 1	Recovery week! Try and get an extra half hour of sleep 3 nights this week!		40-minute pedal after school - moderate SCORE: 5/10		Misc. physical activity SCORE: 3/10 		Time to plan next week and when you will exercise and check the weather!	Aim: 8 Actual:
WK 2	Endurance session: focus on riding non-stop for 2h SCORE: 8/10 <i>Flat ride - along bike paths or down near a beach is a good spot for this</i>	Skills Session: Getting used to your gears SCORE: 4/10 				Misc. physical activity SCORE: 3/10 		Aim: 15 Actual:
WK 3			Exercise session with a friend after school SCORE: 1/10	Skills Session - you'll need a partner for this one! SCORE: 4/10 	Exercise session with a friend after school SCORE: 1/10		Endurance session: focus on riding non-stop for 2h SCORE: 8/10	Aim: 14 Actual:
WK 4		Skills Session: Getting used to your gears SCORE: 4/10 	60-minute pedal after school - moderate SCORE: 6/10		Skills Session - pick any session SCORE: 4/10 	40-minute pedal after school - moderate SCORE: 5/10		Aim: 19 Actual:
WK 5	Recovery week! Try and get an extra half hour of sleep 3 nights this week!		30-minute pedal after school - light SCORE: 3/10		30-minute pedal after school - light SCORE: 3/10	30-minute walk - light SCORE: 2/10		Aim: 8 Actual: