



Join the Team by donating \$5



SIC Winter Training Rides

Name:

Part I TIME - 12/4/23 through 12/31/23

(3) 30 minute rides in 1 week

(1) 90 minute ride in 1 week

(2) 60 minute rides in 1 week

(1) 120 minute ride in 1 week

WEEKLY

1 Cross Training Activity

BONUS!!!

Ride 5 hours each week

1 Yoga/Stretching Activity

Part II DISTANCE - 1/1/24 through 1/31/24

(3) 10 mile rides in 1 week

(1) 40 mile ride in 1 week

(2) 20 mile rides in 1 week

(1) 60 mile ride in 1 week

WEEKLY

1 Cross Training Activity

BONUS!!!

Ride 100 miles each week

1 Yoga/Stretching Activity