

Week Ending	Volume	Workouts	Race	CA State Series
1/12/2020	Base 1	HS Power Test (5 min); MS Edison Time Trial		
1/19/2020	Base 2	2x Zones 1-2-3; 1x Zones 3-4 (Sweet Spot/Threshold)		
1/26/2020	Base 3	Efficiency drills		
2/2/2020	Base 4			
2/9/2020	Base 5			
2/16/2020	Rest/Taper	Easy riding only weekdays; MS TT		
2/23/2020	Build 1	HS Power Test (5 min); Meadowgrove prep for Perris	Practice @ Perris	
3/1/2020	Build 2	1x Zone 1-2; 1x Zone 3 Sweet Spot; 1-2x Zone 4-5 (VO2 Max)		Vail Lake #1
3/8/2020	Build 3	Race serves as Zone 4/5 workout for this week	Beach to Boulders	
3/15/2020	Rest/Taper	Easy riding only		Vail Lake #2
3/22/2020	Peak	1-2x Zones 1-2 (low volume) ; 2x Zones 4-5 (Race is 1x)	Vail Lake Challenge	Bonelli #1
3/29/2020	Peak	ACT to prep for Vail		
4/5/2020	Peak		Victory at Vail	Bonelli #2
4/12/2020	Rest/Taper	Easy riding only		
4/19/2020	Rebuild	HS Power Test (5 min); MS Edison Time Trial		Sea Otter
4/26/2020	Rebuild	1x Zones 1-2; 1x Zone 3 "Sweet Spot"; 1-2x Zones 4-5	Dam the Torpedos	
5/3/2020	Rest/Taper	Easy riding only		Lehigh Trails
5/10/2020	Peak	1-2x Zones 1-2 (low volume) ; 2x Zones 4-5 (Race is 1x)	SoCal Finals	
5/17/2020	Peak			
5/24/2020	Peak		SoCal Championships	
5/31/2020	Rest/Taper	HAVE FUN!!!!		Big Bear #1
6/7/2020				
6/14/2020				Series Final - Big Bear