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TEAM FRIENDSHIP TRAINING CALENDAR

MONTH_____

BIKE MIAMI TO KEY WEST

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 1	20 MILES TIME:		10 MILES TIME:		10 MILES TIME:	10 MILES TIME:	
WEEK 2	25 MILES TIME:		10 MILES TIME:		10 MILES TIME:	10 MILES TIME:	
WEEK 3	30 MILES TIME:		10 MILES TIME:		15 MILES TIME:	10 MILES TIME:	
WEEK 4	30 MILES TIME:		10 MILES TIME:		15 MILES TIME:	10 MILES TIME:	
WEEK 5	35 MILES TIME:		10 MILES TIME:		18 MILES TIME:	10 MILES TIME:	
WEEK 6	40 MILES TIME:		10 MILES TIME:		20 MILES TIME:	10 MILES TIME:	
WEEK 7	45 MILES TIME:		10 MILES TIME:		20 MILES TIME:	15 MILES TIME:	
WEEK 8	50 MILES TIME:		10 MILES TIME:		25 MILES TIME:	15 MILES TIME:	

BE LEGENDARY.

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TEAM FRIENDSHIP TRAINING CALENDAR

MONTH_____

BIKE MIAMI TO KEY WEST

	SUN	MON	TUES	WED	THUR	FRI	SAT
WEEK 9	55 MILES TIME:		10 MILES TIME:		25 MILES TIME:	15 MILES TIME:	
WEEK 10	60 MILES TIME:		15 MILES TIME:		30 MILES TIME:	15 MILES TIME:	
WEEK 11	65 MILES TIME:		15 MILES TIME:		35 MILES TIME:	15 MILES TIME:	
WEEK 12	70 MILES TIME:		15 MILES TIME:		40 MILES TIME:	20 MILES TIME:	
WEEK 13	80 MILES TIME:		20 MILES TIME:		45 MILES TIME:	25 MILES TIME:	
WEEK 14	35 MILES TIME:		15 MILES TIME:		25 MILES TIME:	15 MILES TIME:	
WEEK 15	25 MILES TIME:		10 MILES TIME:		15 MILES TIME:	10 MILES TIME:	
WEEK 16	Bike starts Feb 14		10 MILES TIME:		10 MILES TIME:		10 EASY PACE

BE LEGENDARY.

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A WORD FROM COACH CHAIM

- Try to keep pedaling cadence in the low 90's.
- Always wear a helmet, gloves and use lights (after dark) and wear ID (www.roadid.com).
- For any questions, email me at Coach@friendshipcircle.com

TEAM FRIENDSHIP MIAMI 2016 DATES:

- **November 12, 2015**: Bike 4 Friendship Conference Call #1
- **November 20, 2015:** Recommitment Form Deadline
- **December 1, 2015: Giving Tuesday Campaign**
- **December 7, 2015:** Chanukah Fundraising Campaign
- **December 17, 2015: Bike 4 Friendship Conference Call #2**
- **December 31, 2015: New Year's Fundraising Campaign**
- **January 1, 2016:** RSVP Form Due + Corporate Sponsorship Deadline
- **January 3, 2016: Registration closed**
- **January 12, 2016: Reach 50% of your fundraising goal**
- **February 4, 2016: Bike 4 Friendship Conference Call #3**
- **February 11, 2016: Reach 100% of your fundraising goal**
- **February 14-15: Bike 4 Friendship: Miami to Key West**

BE LEGENDARY.