

*...FESTIVAL on WHEELS through the Finger Lakes!*

**Less Experience Rider / Flat Lander Training Tracker**

<b>April</b>		1 – 7		8 – 14		15 – 21		22 – 28	
Recommended Trips & Miles		Two Trips this week		Two Trips this week		Two Trips this week		Two Trips this week	
		5	5	5	7	7	7	10	10
Track Your Training	Miles								
	Date								

<b>May</b>		29 – 5		6 – 12		13 – 19		20 – 26		27 – 2	
Recommended Trips & Miles		Two Trips this week		Two Trips this week		Two Trips this week		Two Trips this week		Two Trips this week	
		10	10	15	15	15	20	20	20	25	25
Track Your Training	Miles										
	Date										

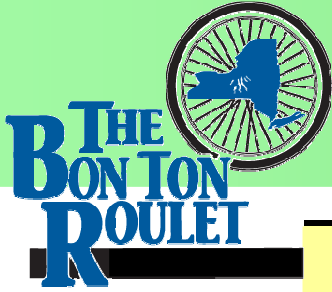
<b>June</b>		3 – 9		10 – 16			17 – 23			24 – 30		
Recommended Trips & Miles		Two Trips this week		Two Trips this week			Three Trips this week			Three Trips this week		
		25	30	30	30	30	35	35	35	40	40	
Track Your Training	Miles			Early Registration ends 6-15								
	Date											

<b>July</b>		1 – 7			8 – 14			15 – 21		
Recommended Trips & Miles		Three Trips this week			Three Trips this week			Three Trips this week		
		40	45	45	50	50	55	60	60	60
Track Your Training	Miles									
	Date									



The Bon Ton Roulet is collaboration between  
 YMCA-WEIU of Auburn, NY  
 Cortland YMCA

[www.BonTonRoulet.com](http://www.BonTonRoulet.com)



**...FESTIVAL on WHEELS through the Finger Lakes!**  
**Experienced Rider / Hilly Hometown Training Tracker**

<b>April</b>		1 – 7		8 – 14		15 – 21		22 – 28	
Recommended Trips & Miles		Two Trips this week		Two Trips this week		Two Trips this week		Two Trips this week	
		5	5	5	5	7	7	7	7
Track Your Training	Miles								
	Date								

<b>May</b>		29 – 5		6 – 12		13 – 19		20 – 26		27 – 2	
Recommended Trips & Miles		Two Trips this week		Two Trips this week		Two Trips this week		Two Trips this week		Two Trips this week	
		7	10	10	10	15	15	15	20	20	20
Track Your Training	Miles										
	Date										

<b>June</b>		3 – 9		10 – 16		17 – 23			24 – 30		
Recommended Trips & Miles		Two Trips this week		Two Trips this week		Three Trips this week			Three Trips this week		
		25	25	30	30	30	35	35	35	40	40
Track Your Training	Miles				Early Registration ends 6-15						
	Date										

<b>July</b>		1 – 7			8 – 14			15 – 21		
Recommended Trips & Miles		Three Trips this week			Three Trips this week			Three Trips this week		
		40	45	45	50	50	55	60	60	60
Track Your Training	Miles									
	Date									



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