

...FESTIVAL on WHEELS through the Finger Lakes!

Less Experience Rider / Flat Lander Training Tracker

April		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								

May		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										

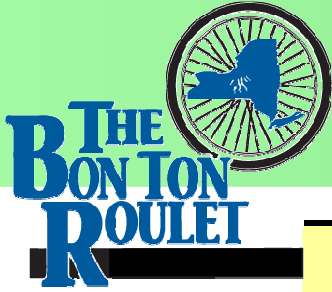
June		3 – 9		10 – 16		17 – 23			24 – 30		
Recommended Trips & Miles		Two Trips this week		Two Trips this week		Three Trips this week			Three Trips this week		
		25	30	30	30	30	35	35	35	40	40
Track Your Training	Miles				Early Registration ends 6-15						
	Date										

July		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



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

April		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								

May		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										

June		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										

July		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