



# THE GREAT WESTERN TRAINING PROGRAM

November 7 to December 26, 2021

WEEK	DATE	WORKOUT
1	Nov 7	Easy Any Gear, no workout, get familiar with the course, Anarchy 70%
2	Nov 14	Big Gear on all the intervals, ILTS on LVR, Anarchy 80%
3	Nov 21	Big Gear on all the intervals, ILTS on LVR, Anarchy 82%
4	Nov 28	Big Gear on all the intervals, ILTS on LVR, Anarchy 85%
5	Dec 5	Little Gear on all the intervals, Grp TT in LVR, Anarchy no limit
6	Dec 12	Little Gear on all the intervals, Duo TT in LVR, Anarchy no limit
7	Dec 19	Little Gear on all the intervals, Individual TT in LVR, Anarchy no limit
8	Dec 26	Any Gear on all the intervals, Individual TT in LVR, Anarchy no limit

**COACH: KURT BRAECKEL**

**COURSE:** Bonita, Sycuan Casino, Great Western, Bonita: **62 miles, 5,200 feet of climbing**  
**WHERE TO MEET:** Starbucks Bonita, Corner of Bonita Road and Central Avenue, Bonita, CA 91902  
**The ride starts at 8:00 AM.**

Need more information call Jacobo Melcer (619) 454-2500, [jacobo@melcer.com](mailto:jacobo@melcer.com)

**This is a Coached ride for PRT Members and special guest.**

More information about the GREAT WESTERN TRAINING PROGRAM:

<https://www.padyakracingteam.com/coaching>

**Weather conditions may cancel coached activity. Notification the day before the ride will be posted on the Facebook page**