



# THE GREAT WESTERN TRAINING PROGRAM

October 30 to December 18, 2022

WEEK	DATE	WORKOUT
1	Oct30	Easy Any Gear, no workout, get familiar with the course, Anarchy 70%
2	Nov 6	Big Gear on all the intervals, ILTS on LVR, Anarchy 80%
3	Nov 13	Big Gear on all the intervals, ILTS on LVR, Anarchy 82%
4	Nov 20	Big Gear on all the intervals, ILTS on LVR, Anarchy no limit
5	Nov 27	Little Gear on all the intervals, Pace-lining in LVR, Anarchy no limit
6	Dec 4	Little Gear on all the intervals, Pace-lining in LVR, Anarchy no limit
7	Dec 11	Little Gear on all the intervals, Pace-lining in LVR, Anarchy no limit
8	Dec 18	Any Gear on all the intervals, TT in LVR, Anarchy no limit

**COACH: KURT BRAECKEL**

**COURSE:** Bonita, Rancho San Diego, Great Western, Rancho San Diego, 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 DEVELOPMENT PROGRAM:

<https://www.padyakracingteam.com>

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