



THE GREAT WESTERN TRAINING PROGRAM

October 22, 2023-January 28, 2024

WEEK	DATE	WORKOUT
1	22-Oct-23	Neutral Day
2	29-Oct-23	Big Gear on all the intervals, ILTS on LVR, Anarchy 70% max
3	5-Nov-23	Big Gear on all the intervals, ILTS on LVR, Anarchy 75% max
4	12-Nov-23	Big Gear on all the intervals, ILTS on LVR, Anarchy 80% max
5	19-Nov-23	Big Gear on all the intervals, ILTS on LVR, Anarchy no limit
6	26-Nov-23	Big Gear on all the intervals, ILTS on LVR, Anarchy no limit
7	3-Dec-23	Little Gear on all the intervals, Paceline in LVR, Anarchy no limit
8	10-Dec-23	Little Gear on all the intervals, Paceline in LVR, Anarchy no limit
9	17-Dec-23	Little Gear on all the intervals, Paceline in LVR, Anarchy no limit
10	24-Dec-23	Little Gear on all the intervals, Paceline in LVR, Anarchy no limit
11	31-Dec-23	Little Gear on all the intervals, Paceline in LVR, Anarchy no limit
12	7-Jan-24	Surprise Day
13	14-Jan-24	Endurance ride
14	21-Jan-24	VO2MAX RIDE
15	28-Jan-24	VO2MAX RIDE

SOURCE ENDURANCE

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

This is a Coached ride for PRT Members and Special Guests

More information about the GREAT WESTERN DEVELOPMENT PROGRAM:

<https://www.padyakracingteam.com>

NOTE: Weather conditions may cancel coached activity.

Notification will be posted the day before the ride on the PRT Facebook page