



Cycle Folsom

Gruppetto Group Fall 2012 Training Series

This Fall the Gruppetto Group will be riding through an 9 week plan where we'll gradually work from 20 mile flat rides up to 40 mile flat rides and 30 mile hilly rides. Rides will most likely start in Folsom, like Coffee Republic, Karen's Bakery/Bicycles Plus, or Folsom Bike, but be sure to check the details on the ride announcements for exact location.

To progressively improve your fitness, it's highly recommended to do some additional riding during the week to compliment the Gruppetto group ride. Doing 2-3 additional rides for about 4-6 hours of riding will boost your fitness.

Poor weather, such as rain, may derail the plan and cancel a ride. If so, we may move the ride to Saturday or we may postpone the planned ride to the following week, but we'll do our best to stick to the planned series.

Let's get rolling!

Week	Day	Date	Distance (approx)	Terrain (something like...)
1	Sunday	11 Nov 2012	20 miles	Flat (down river mix of bike trail and surface roads)
2	Sunday	18 Nov 2012	20 miles	Flat (down river mix of bike trail and surface roads)
3	Sunday	25 Nov 2012	20-30 miles	Flat (South Canal)
4	Sunday	2 Dec 2012	30 miles	Flat (down river mix of bike trail and surface roads) - CIM
5	Sunday	9 Dec 2012	30 miles	Flat (down river mix of bike trail and surface roads)
6	Sunday	16 Dec 2012	40 miles	Flat (South Canal)
7	Sunday	23 Dec 2012	40 miles	Flat (down river mix of bike trail and surface roads)
8	Sunday	30 Dec 2012	30 miles	Rolling hills (looping around Folsom - Carpenter Hill)
9	Sunday	6 Jan 2012	30 miles	Rolling hills (Penryn, Newcastle, and/or Indian Hill)