

CDC TRAINING PROGRAMME 2020

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
					3240	34 161	
1	Sat	01 08 2020	DCC / DC RT 1 / 2019	8H00	70	550	https://www.strava.com/routes/19708571
	Sun	02 08 2020	Coffee Ride Road	8H00			
	Mon	03 08 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	05 08 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	07 08 2020	Flexi Road / MTB	8H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
2	Sat	08 08 2020	DCC / DC RT 2 / 2019	8H00	80	600	https://www.strava.com/routes/19708660
	Sun	09 08 2020	Coffee Ride Road	8H00			
	Mon	10 08 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	12 08 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	14 08 2020	Flexi Road / MTB	8H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
3	Sat	15 08 2020	DCC / DC RT 3 / 2019	8H00	80	650	https://www.strava.com/routes/19708749
	Sun	16 08 2020	Coffee Ride Road	8H00			
	Mon	17 08 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	19 08 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	21 08 2020	Flexi Road / MTB	8H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
4	Sat	22 08 2020	DCC / DC RT 4 / 2019	7H30	100	700	https://www.strava.com/routes/19708810
	Sun	23 08 2020	Coffee Ride Road	8H00			
	Mon	24 08 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	26 08 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	28 08 2020	Flexi Road / MTB	8H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
5	Sat	29 08 2020	DCC / DC RT 5 / 2019	7H30	105	750	https://www.strava.com/routes/19708934
	Sun	30 08 2020	Coffee Ride Road	8H00			
	Mon	31 08 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	02 09 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	04 09 2020	Flexi Road / MTB	8H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
6	Sat	05 09 2020	DCC / DC RT 6 / 2019	7H30	130	1200	https://www.strava.com/routes/19709079
	Sun	06 09 2020	Coffee Ride Road	8H00			
	Mon	07 09 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	09 09 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	11 09 2020	Flexi Road / MTB	8H00			

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7	Sat	12 09 2020	DCC / DC RT 7 / 2019	7H00	90	750	https://www.strava.com/routes/19709138
	Sun	13 09 2020	Coffee Ride Road	7H00			
	Mon	14 09 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	16 09 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	18 09 2020	Flexi Road / MTB	7H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
8	Sat	19 09 2020	DCC / DC RT 8 / 2019	7H00	155	1750	https://www.strava.com/routes/19709285
	Sun	20 09 2020	Coffee Ride Road	7H00			
	Mon	21 09 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	23 09 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	25 09 2020	Flexi Road / MTB	7H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
9	Sat	26 09 2020	DCC / DC RT 9 / 2019	7H00	95	900	https://www.strava.com/routes/19709459
	Sun	27 09 2020	Coffee Ride Road	7H00			
	Mon	28 09 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	30 09 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	02 10 2020	Flexi Road / MTB	7H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
10	Sat	03 10 2020	DCC / DC RT 10 / 2019	7H00	90	800	https://www.strava.com/routes/19709549
	Sun	04 10 2020	Coffee Ride Road	7H00			
	Mon	05 10 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	07 10 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	09 10 2020	Flexi Road / MTB	7H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
11	Sat	03 10 2020	DCC / DC RT 11 / 2019	6H30	130	1700	https://www.strava.com/routes/19709701
	Sun	04 10 2020	Coffee Ride Road	7H00			
	Mon	05 10 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	07 10 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	09 10 2020	Flexi Road / MTB	7H00			

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12	Sat	10 10 2020	DCC / DC RT 12 / 2019	6H30	130	1150	https://www.strava.com/routes/19709819
	Sun	11 10 2020	Coffee Ride Road	7H00			
	Mon	12 10 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	14 10 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	16 10 2020	Flexi Road / MTB	7H00			

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13	Sat	17 10 2020	DCC / DC RT 14 / 2019	6H00	90	800	https://www.strava.com/routes/19710233
	Sun	18 10 2020	Coffee Ride Road	7H00			
	Mon	19 10 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	21 10 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	23 10 2020	Flexi Road / MTB	7H00			

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14	Sat	24 10 2020	DCC / DC RT 13 / 2019	6H00	65	600	https://www.strava.com/routes/19709963
	Sun	25 10 2020	Coffee Ride Road	7H00			
	Mon	26 10 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	28 10 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	30 10 2020	Flexi Road / MTB	7H00			

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15	Sat	31 10 2020	DCC / DC RT 17 / 2019	6H00	140	1100	https://www.strava.com/routes/19725958
	Sun	01 11 2020	Coffee Ride Road	7H00			
	Mon	02 11 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	04 11 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	06 11 2020	Flexi Road / MTB	7H00			

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16	Sat	07 11 2020	DCC / DC RT 18 / 2019	5H30	100	800	https://www.strava.com/routes/19711045
	Sun	08 11 2020	Coffee Ride Road	6H30			
	Mon	09 11 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	11 11 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	13 11 2020	Flexi Road / MTB	6H30			

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17	Sat	14 11 2020	DCC / DC RT 10 / 2019	5H30	90	800	https://www.strava.com/routes/19709549
	Sun	15 11 2020	Coffee Ride Road	6H30			
	Mon	16 11 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	18 11 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	20 11 2020	Flexi Road / MTB	6H30			

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18	Sat	21 11 2020	DCC / OWN DC ROUTE / 2020	5H00	200	2061	https://www.strava.com/routes/27043624
	Sun	22 11 2020	Coffee Ride Road	6H30			
	Mon	23 11 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	25 11 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	27 11 2020	Flexi Road / MTB	6H30			

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19	Sat	28 11 2020	DCC / SLENT LOOP	5H30	65	350	https://www.strava.com/routes/21325730
	Sun	29 11 2020	Coffee Ride Road	6H30			
	Mon	30 12 2020	Flexi Hill Repeats Road / MTB		25	500	https://www.strava.com/routes/23491101
	Wed	02 12 2020	Bobbies Blitz		40	350	https://www.strava.com/routes/20835907
	Fri	04 12 2020	Flexi Road / MTB	6H30			