

WINTER TRAINING PROGRAMME 2020

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
					3136	34500	
1	Sat	14 03 2020	DVC / Road	6H30	75	800	https://www.strava.com/routes/24320897
	Sun	15 03 2020	Coffee Ride Road	6H30			
	Mon	16 03 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	18 03 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	19 03 2020	Flexi Road / MTB	8H00			
2	Sat	21 03 2020	DVC / Road	6H30	90	900	https://www.strava.com/routes/23929544
	Sun	22 03 2020	Coffee Ride Road	6H30			
	Sun	22 03 2020	WPCA TTT				
	Mon	23 03 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	25 03 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	27 03 2020	Flexi Road / MTB	8H00			
3	Sat	28 03 2020	DVC / Road	6H30	80	600	https://www.strava.com/routes/23457553
	Sun	29 03 2020	Coffee Ride Road	6H30			
	Mon	30 03 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	01 04 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	03 04 2020	Flexi Road / MTB	8H00			
4	Sat	04 04 2020	DCC MTB / Eenzaamheid Long RT 1	06H30	70	600	https://www.strava.com/routes/23932402
	Sat	04 04 2020	Flexi Trail	06H30			
	Sun	05 04 2020	Coffee Ride	06H30			
	Sun	05 04 2020	WPCA Bon Mella Road Series				
	Mon	06 04 2020	Flexi Trail				
	Mon	06 04 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	08 04 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	10 04 2020	Flexi Road / MTB (Good Friday)	08H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
5	Sat	11 04 2020	DCC / MTB / Paarlberg RT 2	06H45	100	1000	https://www.strava.com/routes/19853408
	Sat	11 04 2020	Flexi Trail				
	Sun	12 04 2020	Coffee Ride	06H45			
	Mon	13 04 2020	Flexi Trail				
	Mon	13 04 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	15 04 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	17 04 2020	Flexi Road / MTB	08H00			
6	Sat	18 04 2020	DCC / MTB / Treinspoor / RT 3	06H45	91	800	https://www.strava.com/routes/23932884
	Sat	18 04 2020	Flexi Trail				
	Sun	19 04 2020	Coffee Ride	06H45			
	Sun	19 04 2020	WPCA Redhill Road Series				
	Mon	20 04 2020	Flexi Trail	06H45			
	Mon	20 04 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	22 04 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	24 04 2020	Flexi Road / MTB	08H00			
7	Sat	25 04 2020	DCC / MTB / Botterberg RT 4	06H45	85	700	https://www.strava.com/routes/23932988
	Sat	25 04 2020	Flexi trail				
	Sun	26 04 2020	Coffee Ride	06H45			
	Sun	26 04 2020	WPCA Windmeul Road Series				
	Mon	27 04 2020	Flexi Trail (Freedom Day)	06H45			
	Mon	27 04 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	29 04 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	01 05 2020	Flexi Road / MTB (Workers Day)	08H00			
8	Sat	02 05 2020	TRUE CAPE MTB / SINGLE TRACK JUNKIES				GAZEBO
	Sat	03 05 2020	DCC / MTB / Paarlberg/Tietkop RT 5	07H00	130	1400	https://www.strava.com/routes/23933051
	Sat	03 05 2020	Flexi Trail				
	Sun	03 05 2020	Coffee Ride	07H00			
	Mon	04 05 2020	Flexi Trail	07H00			
	Mon	04 05 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	06 05 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	08 05 2020	Flexi Road / MTB	08H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
9	Sat	09 05 2020	DCC / MTB / Kalbas / RT 6	07H00	87	700	https://www.strava.com/routes/23933143
	Sat	09 05 2020	Flexi Trail				
	Sun	10 05 2020	Coffee Ride				
	Sun	10 05 2020	WPCA Killarney Circuit Series				
	Mon	11 05 2020	Flexi Trail	07H00			
	Mon	11 05 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	13 05 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	15 05 2020	Flexi Road / MTB	08H00			
10	Sat	16 05 2020	CEDERBERG 100 MILER				GAZEBO
	Sat	16 05 2020	DCC / MTB / Kuilen_Hoogstede RT 7	07H00	113	1000	https://www.strava.com/routes/23933235
	Sat	16 05 2020	Flexi Trail				
	Sun	17 05 2020	Coffee Ride				
	Sun	17 05 2020	WPCA Atlantis Circuit Series				
	Mon	18 05 2020	Flexi Trail	07H00			
	Mon	18 05 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	20 05 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
Fri	22 05 2020	Flexi Road / MTB	08H00				
11	Sat	23 05 2020	DCC / MTB / Malmesbury / RT 8	07H00	94	1100	https://www.strava.com/routes/23951034
	Sat	23 05 2020	Flexi Trail				
	Sun	24 05 2020	Coffee Ride				
	Mon	25 05 2020	Flexi Trail	07H30			
	Mon	25 05 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	27 05 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	29 05 2020	Flexi Road / MTB	08H00			
12	Sat	30 05 2020	DCC / MTB / Paarlberg RT 2	07H00	100	1000	https://www.strava.com/routes/19853408
	Sat	30 05 2020	Flexi Trail				
	Sun	31 05 2020	Coffee Ride				
	Sun	31 05 2020	WPCA Fisantekraal Circuit Series				
	Mon	01 06 2020	Flexi Trail	07H30			
	Mon	01 06 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	03 06 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	05 06 2020	Flexi Road / MTB	08H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
13	Sat	06 06 2020	ROBERTSON WINERY MTB				
	Sat	06 06 2020	DCC/ MTB / Treinspoor / RT 3	07H30	91	800	https://www.strava.com/routes/23932884
	Sat	06 06 2020	Flexi Trail				
	Sun	07 06 2020	Coffee Ride				
	Sun	07 06 2020	WPCA Paardeberg Road Series				
	Mon	08 06 2020	Flexi Trail	07H30			
	Mon	08 06 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	10 06 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	12 06 2020	Flexi Road / MTB	08H00			
14	Sat	13 06 2020	DCC / MTB / Botterberg RT 4	07H30	85	700	https://www.strava.com/routes/23932988
	Sat	13 06 2020	Flexi Trail				
	Sun	14 06 2020	Coffee Ride				
	Sun	14 06 2020	WPCA Lady Loch Road Series				
	Mon	15 06 2020	Flexi Trail	07H30			
	Mon	15 06 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Tue	16 06 2020	Flexi Youth Day Ride				
	Wed	17 06 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	19 06 2020	Flexi Road / MTB	08H00			
15	Sat	20 06 2020	DCC / MTB / Paarlberg/Tietkop RT 5	07H30	130	1400	https://www.strava.com/routes/23933051
	Sat	20 06 2020	Flexi Trail				
	Sun	21 06 2020	Coffee Ride				
	Sun	21 06 2020	WPCA Slanghoek Road Series				
	Mon	22 06 2020	Flexi Trail	07H30			
	Mon	22 06 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	24 06 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	26 06 2020	Flexi Road / MTB	08H00			
16	Sat	27 06 2020	DCC / MTB / Kuilen Hoogstede RT 7	07H30	113	1000	https://www.strava.com/routes/23933235
	Sat	27 06 2020	Flexi Trail				
	Sun	28 06 2020	Coffee Ride				
	Mon	29 06 2020	Flexi Trail	07H30			
	Mon	29 06 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	01 07 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	03 07 2020	Flexi Road / MTB	08H00			

WEEK	DAY	DATE	ROUTE NAME	TIME	DISTANCE	ELEVATION	STRAVA ROUTE
17	Sat	04 07 2020	DCC / MTB / Malmesbury / RT 8	07H30	94	1100	https://www.strava.com/routes/23951034
	Sat	04 07 2020	Flexi Trail				
	Sun	05 07 2020	Coffee Ride				
	Mon	06 07 2020	Flexi Trail	07H30			
	Mon	06 07 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	08 07 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	10 07 2020	Flexi Road / MTB	08H00			
18	Sat	11 07 2020	DCC / MTB / Eenzaamheid Long RT 1	07H30	70	600	https://www.strava.com/routes/23932402
	Sat	11 07 2020	Flexi Trail				
	Sun	12 07 2020	Coffee Ride				
	Mon	13 07 2020	Flexi Trail	07H30			
	Mon	13 07 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	15 07 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	17 07 2020	Flexi Road / MTB	08H00			
19	Sat	18 07 2020	AROUND THE POT				GAZEBO
	Sat	18 07 2020	DCC / MTB / Botterberg RT 4	07H30	85	700	https://www.strava.com/routes/23932988
	Sat	18 07 2020	Flexi Trail				
	Sun	19 07 2020	Coffee Ride				
	Mon	20 07 2020	Flexi Trail	07H30			
	Mon	20 07 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	22 07 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	24 07 2020	Flexi Road / MTB	08H00			
20	Sat	25 07 2020	DCC / MTB / Malans RT 9	07H30	53	600	https://www.strava.com/routes/23980201
	Sat	25 07 2020	Flexi Trail				
	Sun	26 07 2020	STELLENBOSCH MTB				GAZEBO
	Mon	27 07 2020	Flexi Trail	07H30			
	Mon	27 07 2020	Flexi Hill Repeats Road / MTB	18H00	25	500	https://www.strava.com/routes/23491101
	Wed	29 07 2020	Bobbies Blitz	18H00	40	350	https://www.strava.com/routes/20835907
	Fri	31 07 2020	Flexi Road / MTB	08H00			

- Scheduled Rides
- WPCA League
- Flexi Rides
- MTB Races

*Vacation Days = Flexi Rides