

Week	Your Mileage						Chalutzim Goals (75 miles/day avg)		Tzofim Goals (55 miles/day avg)		Shomrim Goals (35 miles/day avg)	
	Track Your Daily Mileage					Weekly Total	Long Ride	Week Total	Long Ride	Week Total	Long Ride	Week Total
1							35	50	25	35	15	20
2							35	55	25	40	15	25
3							40	60	30	45	20	30
4							40	65	30	50	20	40
5							45	75	35	55	25	45
6							45	80	35	65	25	50
7							50	90	40	70	30	55
8							55	95	45	75	30	60
9							60	100	50	80	35	65
10							65	110	55	90	40	70
11							75	130	60	100	40	75
12							35	55	30	45	20	35