



April 2026

SUN MON TUE WED THU FRI SAT

1 2 3 4

Training Calendar

Weekly Goals

5 6 7 8 9 10 11

Ride All 3 with us

Ride what you can with us and make up the other rides on your own.

1 2 1 3 1 4 1 5 1 7 1 8 1 9
 3 4 6
 Miles Miles Miles

Route maps will be provided.

1 9 2 0 2 1 2 2 2 4 2 6 2 6
 6 7 9
 Miles Miles Miles

Couch to 50 Miles

2 6 2 7 2 8 2 9 3 0
 9 10
 Miles Miles

3701 W Spring Creek Parkway
 Plano, TX 75023
 Park in the NORTH lot by Spring Creek

E-mail: Mike@FunBikin.com



May 2026

SUN MON TUE WED THU FRI SAT

Training Calendar

Weekly Goals

Ride All 3 with us

Ride what you can with us and make up the other rides on your own.

Route maps will be provided.

Couch to 50 Miles

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Plano, TX 75023
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1 2

12
Miles

3 4 5 6 9 10 11

12
Miles

13
Miles

15
Miles

10 11 12 13 14 15 16

15
Miles

16
Miles

18
Miles

17 18 19 20 21 22 23

18
Miles

19
Miles

21
Miles

24 25 26 27 28 29 30

20
Miles

20
Miles

24
Miles



June 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
		20 Miles		20 Miles		27 Miles
7	8	9	10	11	12	13
		20 Miles		20 Miles		30 Miles
14	15	16	17	18	19	20
		20 Miles		20 Miles		33 Miles
21	22	23	24	25	26	27
		20 Miles		20 Miles		36 Miles
28	29	30				
		20 Miles				

Training Calendar

Weekly Goals

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Couch to 50 Miles

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July 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1		2	3	4
				20 Miles		36 Miles
5	6	7	8	9	10	11
		20 Miles		20 Miles		39 Miles
12	13	14	15	16	17	18
		20 Miles		20 Miles		42 Miles
19	20	21	22	23	24	25
		20 Miles		20 Miles		45 Miles
26	27	28	29	30		
		20 Miles		20 Miles		

Training Calendar

Weekly Goals

Ride All 3 with us

Ride what you can with us and make up the other rides on your own.

Route maps will be provided.

Couch to 50 Miles

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August 2026

SUN MON TUE WED THU FRI SAT

Training Calendar

Weekly Goals

1
45
Miles

Ride All 3 with us

2 3 4 5 6 7 8

Ride what you can with us and make up the other rides on your own.

20 Miles 20 Miles 48 Miles

Route maps will be provided.

9 10 11 12 13 14 15

20 Miles 20 Miles 48 Miles

Couch to 50 Miles

16 17 18 19 20 21 22

20 Miles 20 Miles 50 Miles

3701 Spring Creek Parkway
Plano, TX 75023
Park in the NORTH lot by Spring Creek

23 24 25 26 27 28 29

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