

30 DAYS TO AWESOME SEAT TRAINING PLAN

1	2	3	4	5	6	7
Stretches - See Video 1	Ride - 1 circle	Ride - 2 circles	Pilates - See Video 2	Ride - 3 circles	Ride - 4 circles	Rest
8	9	10	11	12	13	14
Stretches	Ride	Ride	Pilates	Ride	Ride	Rest
15	16	17	18	19	20	21
Stretches	Ride	Ride	Pilates	Ride	Ride	Rest
22	23	24	25	26	27	28
Stretches	Ride	Ride	Pilates	Ride	Ride	Rest
29	30					
Stretches	Ride					