

2012 Karapoti Classic Preparation

Week	RiDE Days	MX/Weight Training Days	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6 23rd January	3	2							
Week 5 30th January	3	2							
Week 4 6th February	4	2							
Week 3 13th February	4	2							
Week 2 20th February	4	2							
Week 1 27th February	3	0							

The place where every body knows your name.

Lifestyle
HEALTH & FITNESS CLUBS