

Mon	Tue	Wed	Thur	Fri	Sat	Sun
Nov 15	Nov 16	Nov 17	Nov 18	Nov 19	Nov 20 First meetup 9am Makuri Islands - Suki's Playground 18km length 150m elevation https://zwiftinsider.com/route/sukis-playground/	Nov 21 Second meetup 9am Makuri Islands - Chain Chomper 13km length 184m elevation https://zwiftinsider.com/route/chain-chomper/
Nov 22	Nov 23 Intervals 6pm Zwift Academy Tri 2020 - V02Max Long Intervals 1hr: https://whatsonzwift.com/workouts/zwift-academy-tri-2020/bike-5-vo2max-long-intervals	Nov 24 Solo Recovery Watopia - Beach Island Loop 13km length 44m elevation https://zwiftinsider.com/route/beach-island-loop/	Nov 25 Solo Intervals 2018 PRL100 Prep Week 4 Day 2: Power Surges 1hr 10min: https://whatsonzwift.com/workouts/2018-prl100-prep-week-4	Nov 26	Nov 27 Endurance Ride 9am Watopia - Out and Back Again 43km length 303m elevation https://zwiftinsider.com/route/out-and-back-again/	Nov 28 Recovery Ride 9am Makuri Islands - Countryside Tour 16km length 185m elevation https://zwiftinsider.com/route/countryside-tour/
Nov 29	Nov 30 Intervals 6pm Zwift Academy Tri 2020 - Endurance Strength Development 1hr 5min https://whatsonzwift.com/workouts/zwift-academy-tri-2020/bike-1-endurance-strength-development	Dec 1 Solo Recovery Watopia - Two Bridges Loop 7km length 73m elevation (do this route 2x) https://zwiftinsider.com/route/two-bridges-loop/	Dec 2 Solo Intervals GCN Sprints - Sprint! 1hr: https://whatsonzwift.com/workouts/gcn/sprints-sprint	Dec 3	Dec 4 Endurance Ride 9am Watopia - Dust In The Wind 52km length 529m elevation https://zwiftinsider.com/route/dust-in-the-wind/	Dec 5 Recovery Ride 9am Makuri Islands - Kappa Quest 13km length 139m elevation https://zwiftinsider.com/route/kappa-quest/

Dec 6	<p>Dec 7 Intervals 6pm Zwift Academy Tri 2020 - FTP Development 1hr https://whatsonzwift.com/workouts/zwift-academy-tri-2020/bike-4-ftp-development</p>	<p>Dec 8 Solo Recovery Watopia - Tick Tock 17km length 44m elevation https://zwiftinsider.com/route/tick-tock/</p>	<p>Dec 9 Solo Intervals 6wk Beginner FTP Builder Week 5 Day 4 - Threshold Development 1hr 6min https://whatsonzwift.com/workouts/6wk-beginner-ftp-builder/week-5-day-4-threshold-development</p>	Dec 10	<p>Dec 11 Endurance Ride 9am London - Triple Loops 41km length 544m elevation https://zwiftinsider.com/route/triple-loops/</p>	<p>Dec 12 Recovery Ride 9am France - Casse-Pattes 14km length 145m elevation https://zwiftinsider.com/route/casse-pattes/</p>
Dec 13	<p>Dec 14 Intervals 6pm FTP TEST 20min test (1hr 13min) https://whatsonzwift.com/workouts/ftp-tests/ftp-test</p>	<p>Dec 15 Solo Recovery Watopia - Flat Route 11km length 54m elevation https://zwiftinsider.com/route/flat-route/</p>	<p>Dec 16 Solo Intervals Choose your own event or workout (keep it easy!)</p>	Dec 17	<p>Dec 18 Challenge/Event TBD 9am</p>	<p>Dec 19 Recovery Ride 9am Paris - Champs-Elysees 10km length 34m elevation https://zwiftinsider.com/route/champs-elysees/</p>
Dec 20	<p>Dec 21 Intervals 6pm GCN Flat out Fast - First Flash of Fast 1hr 26min https://whatsonzwift.com/workouts/gcn/flat-out-fast-first-flash-of-fast</p>	<p>Dec 22 Solo Recovery Watopia - Tempus Fugit 17km length 16m elevation https://zwiftinsider.com/route/tempus-fugit/</p>	<p>Dec 23 Solo Intervals 4wk FTP Booster Week 3 Day 1 - Progressive 11's https://whatsonzwift.com/workouts/4wk-ftp-booster/week-3-day-1-progressive-11s</p>	Dec 24	<p>Dec 25 Endurance Ride 9am TBD</p>	<p>Dec 26 Recovery Ride 9am London - Classique 11km length 19m elevation https://zwiftinsider.com/route/classique/</p>
Dec 27	<p>Dec 28 Intervals 6pm Zwift Racing Week 4 - Boogie 52min https://whatsonzwift.com/workouts/zwift-racing/week-4-3-boogie</p>	<p>Dec 29 Solo Recovery Watopia - Volcano Flat 13km length 46m elevation https://zwiftinsider.com/route/volcano-flat/</p>	<p>Dec 30 Solo Intervals 60-90 Minutes to Burn - SST (Med) 1hr 25min https://whatsonzwift.com/workouts/60-90-minutes-to-burn/sst-med</p>	Dec 31	<p>Jan 1 Endurance Ride 9am Innsbruck - 2018 UCI Worlds Course Short Lap 24km length 487m elevation (option to ride longer) https://zwiftinsider.com/route/2018-uci-worlds-course-short-lap/</p>	<p>Jan 2 Recovery Ride 9am New York - Astoria Line 8 12km length 141m elevation https://zwiftinsider.com/route/astoria-line-8/</p>