

DAY IN THE LIFE

- 1 Get up, get out, check bike
- 2 Breakfast: Bagel, yogurt, fruit
- 3 Circle-Up
- 4 Cycle (avg. of 70 miles/day)
- 5 Lunch: sandwich, chips, fruit
- 6 Shower, Friendship Visit, rest
- 7 Dinner: eat your fill, carb-heavy
- 8 Free-time and squad duties
- 9 Lights-out: 8 hours before wake-up

