

2024 Calendar

40-Mile Training



GET OUT AND RIDE AND RECRUIT!

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13 30 Min Ride Sat or Sun
14 30 Min Ride Sat or Sun	15	16	17	18	19	20 45 Min Ride Sat or Sun
21 45 Min Ride Sat or Sun	22 30 Min Ride 2 times this week	23 30 Min Ride 2 times this week	24 30 Min Ride 2 times this week	25 30 Min Ride 2 times this week	26 30 Min Ride 2 times this week	27 Justin Training/Group Ride Pump House - 8am 45 Min Ride Sat or Sun
28 45 Min Ride Sat or Sun	29 30 Min Ride 2-3 times this week	30 30 Min Ride 2-3 times this week	31 30 Min Ride 2-3 times this week	1 30 Min Ride 2-3 times this week	2 30 Min Ride 2-3 times this week	3 Justin Training/Group Ride Pump House - 8am 15 Mile Ride Sat or Sun

Get out and ride!

40-Mile Training

AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
28 45 Min Ride Sat or Sun	29 30 Min Ride 2-3 times this week	30 30 Min Ride 2-3 times this week	31 30 Min Ride 2-3 times this week	1 30 Min Ride 2-3 times this week	2 30 Min Ride 2-3 times this week	3 Justin Training/Group Ride Pump House - 8am 15 Mile Ride Sat or Sun
4 15 Mile Ride Sat or Sun	5 30 Min Ride 2-3 times this week	6 30 Min Ride 2-3 times this week	7 30 Min Ride 2-3 times this week	8 30 Min Ride 2-3 times this week	9 30 Min Ride 2-3 times this week	10 Justin Training/Group Ride Pump House - 8am 15 Mile Ride Sat or Sun
11 15 Mile Ride Sat or Sun	12 30 Min Ride 3 times this week	13 30 Min Ride 3 times this week	14 30 Min Ride 3 times this week	15 30 Min Ride 3 times this week	16 30 Min Ride 3 times this week	17 Justin Training/Group Ride Pump House - 8am 18 Mile Ride Sat or Sun
18 18 Mile Ride Sat or Sun	19 30 Min Ride 3 times this week	20 30 Min Ride 3 times this week	21 30 Min Ride 3 times this week	22 30 Min Ride 3 times this week	23 30 Min Ride 3 times this week	24 20 Mile Ride Sat or Sun
25 Pedal Pgh 20 Mile Ride Sat or Sun	26 30 Min Ride 3 times this week	27 30 Min Ride 3 times this week	28 30 Min Ride 3 times this week	29 30 Min Ride 3 times this week	30 30 Min Ride 3 times this week	31 Justin Training/Group Ride Pump House - 8am 25 Mile Ride Sat or Sun



SUN	MON	TUE	WED	THU	FRI	SAT
1 25 Mile Ride Sat or Sun	2 30 Min Ride 2 times this week	3 30 Min Ride 2 times this week	4 30 Min Ride 2 times this week	5 30 Min Ride 2 times this week	6 30 Min Ride 2 times this week	7 Get a good night's sleep!
8 CYCLE FOR LIFE! YOU MADE IT!						