

2024 Calendar

65-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 60 Min Ride Sat or Sun |
| 14 60 Min Ride Sat or Sun | 15 | 16 | 17 | 18 | 19 | 20 90 Min Ride Sat or Sun |
| 21 90 Min Ride Sat or Sun | 22 60 Min Ride 2 times this week | 23 60 Min Ride 2 times this week | 24 60 Min Ride 2 times this week | 25 60 Min Ride 2 times this week | 26 60 Min Ride 2 times this week | 27 Justin Training/Group Ride Pump House - 8am 90 Min Ride Sat or Sun |
| 28 90 Min Ride Sat or Sun | 29 60 Min Ride 2 times this week | 30 60 Min Ride 2 times this week | 31 60 Min Ride 2 times this week | | | |

Get out and ride!

65-Mile Training

AUGUST 2024



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|-----------------------------------------|---------------------------------------------------------------------------------|
| | | | | 1 60 Min Ride 2-3 times this week | 2 60 Min Ride 2-3 times this week | 3 Justin Training/Group Ride Pump House - 8am 30 Mile Ride Sat or Sun |
| 4 30 Mile Ride Sat or Sun | 5 60 Min Ride 2-3 times this week | 6 60 Min Ride 2-3 times this week | 7 60 Min Ride 2-3 times this week | 8 60 Min Ride 2-3 times this week | 9 60 Min Ride 2-3 times this week | 10 Justin Training/Group Ride Pump House - 8am 35 Mile Ride Sat or Sun |
| 11 35 Mile Ride Sat or Sun | 12 60 Min Ride 3 times this week | 13 60 Min Ride 3 times this week | 14 60 Min Ride 3 times this week | 15 60 Min Ride 3 times this week | 16 60 Min Ride 3 times this week | 17 Justin Training/Group Ride Pump House - 8am 40 Mile Ride Sat or Sun |
| 18 40 Mile Ride Sat or Sun | 19 60 Min Ride 3 times this week | 20 60 Min Ride 3 times this week | 21 60 Min Ride 3 times this week | 22 60 Min Ride 3 times this week | 23 60 Min Ride 3 times this week | 24 50 Mile Ride Sat or Sun |
| 25 Pedal Pgh 50 Mile Ride Sat or Sun | 26 60 Min Ride 3 times this week | 27 60 Min Ride 3 times this week | 28 60 Min Ride 3 times this week | 29 60 Min Ride 3 times this week | 30 60 Min Ride 3 times this week | 31 Justin Training/Group Ride Pump House - 8am 50 Mile Ride Sat or Sun |



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|---------------------------------------|--------------------------------|
| 1 50 Mile Ride Sat or Sun | 2 60 Min Ride 2 times this week | 3 60 Min Ride 2 times this week | 4 60 Min Ride 2 times this week | 5 60 Min Ride 2 times this week | 6 60 Min Ride 2 times this week | 7 Get a good night's sleep! |
| 8 CYCLE FOR LIFE! YOU MADE IT! | | | | | | |