



May 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						Apr 29 Team Training Ride Kick-off Mana Brewing 11am Shakopee, MN
Apr 30	1	2 18 Base (VT)	3	4 18 Base (VT)	5	6 25 Base (VT)
7 Weekend Team Training Ride 12pm 25 miles	8	9 20 Base (VT)	10	11 20 Base (VT)	12	13 32 Base (VT)
14	15	16 22 Base (VT) 18 Base (WI) 18 Base (MI)	17	18 22 Base (VT) 18 Base (WI) 18 Base (MI)	19	20 40 Base (VT) 25 Base (WI) 25 Base (MI)
21 Weekend Team Training Ride 12pm 25 miles	22	23 16 Tempo (VT) 20 Base (WI) 19 Base (MI)	24	25 24 Base (VT) 20 Base (WI) 19 Base (MI)	26	27 40 Base (VT) 32 Base (WI) 30 Base (MI)
28	29 Memorial Day	30 22 Tempo (VT) 22 Base (WI) 21 Base (MI)	31			



June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 22 Base (VT) 22 Base (WI) 21 Base (MI)	2	3 44 Base (VT) 40 Base (WI) 35 Base (MI)
4	5	6 Weekly Team Training Ride 6pm 15 Interval (VT) 16 Tempo (WI) 19 Base (MI)	7	8 35 Tempo (VT) 24 Base (WI) 19 Base (MI)	9	10 50 Base (VT) 40 Base (WI) 38 Base (MI)
11 Weekend Team Training Ride 9am 40 miles	12	13 Weekly Team Training Ride 6pm 15 Interval (VT) 22 Tempo (WI) 17 Tempo (MI)	14	15 39 Tempo (VT) 22 Base (WI) 25 Base (MI)	16	17 56 Base (VT) 44 Base (WI) 42 Base (MI)
18	19	20 Weekly Team Training Ride 6pm 15 Interval (VT) 15 Interval (WI) 19 Tempo (MI) 18 Base (DV)	21	22 35 Tempo (VT) 35 Tempo (WI) 28 Base (MI) 18 Base (DV)	23	24 50 Base (VT) 50 Base (WI) 47 Base (MI) 25 Base (DV)
25 Weekend Team Training Ride 8am 50 miles	26	27 Weekly Team Training Ride 6pm 17 Interval (VT) 17 Interval (WI) 15 Interval (MI) 19 Base (DV)	28	29 39 Tempo (VT) 39 Tempo (WI) 36 Tempo (MI) 19 Base (DV)	30	



July 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 56 Base (VT) 56 Base (WI) 51 Base (MI) 30 Base (DV)
2	3	4 19 Interval (VT) 15 Interval (WI) 14 Intervals (MI) 21 Base (DV)	5	6 44 Tempo (VT) 35 Tempo (WI) 32 Tempo (MI) 21 Base (DV)	7	8 63 Base (VT) 50 Base (WI) 46 Base (MI) 35 Base (DV)
9	10	11 Weekly Team Training Ride 6pm 21 Interval (VT) 17 Interval (WI) 15 Interval (MI) 19 Base (DV)	12	13 49 Tempo (VT) 39 Tempo (WI) 36 Tempo (MI) 19 Base (DV)	14	15 70 Base (VT) 56 Base (WI) 51 Base (MI) 38 Base (DV)
16 Weekend Team Training Ride 8am 50 miles	17	18 Weekly Team Training Ride 6pm 7 Interval (VT) 19 Interval (WI) 17 Interval (MI) 17 Tempo (DV)	19	20 17 Tempo (VT) 44 Tempo (WI) 39 Tempo (MI) 25 Base (DV)	21	22 24 Base (VT) 63 Base (WI) 56 Base (MI) 42 Base (DV)
23	24	25 Weekly Team Training Ride 6pm 21 Interval (WI) 19 Interval (MI) 19 Tempo (DV)	26	27 JDRF Ride to Cure Burlington, VT 49 Tempo (WI) 43 Tempo (MI) 28 Base (DV)	28 JDRF Ride to Cure Burlington, VT	29 JDRF Ride to Cure Burlington, VT 70 Base (WI) 62 Base (MI) 47 Base (DV)
30 Weekend Team Training Ride 8am 60 miles	31					



August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Weekly Team Training Ride 6pm 7 Intervals (WI) 17 Intervals (MI) 15 Intervals (DV)	2	3 17 Tempo (WI) 39 Tempo (MI) 36 Tempo (DV)	4	5 24 Base (WI) 56 Base (MI) 51 Base (DV)
6	7	8 Weekly Team Training Ride 6pm 18 Interval (MI) 14 Interval (DV) 18 Base (FL)	9	10 JDRF Ride to Cure La Crosse, WI 43 Tempo (MI) 32 Tempo (DV) 18 Base (FL)	11 JDRF Ride to Cure La Crosse, WI	12 JDRF Ride to Cure La Crosse, WI 62 Base (MI) 46 Base (DV) 25 Base (FL)
13 JDRF Ride to Cure La Crosse, WI	14	15 Weekly Team Training Ride 6pm 20 Interval (MI) 15 Interval (DV) 19 Base (FL)	16	17 48 Tempo (MI) 36 Tempo (DV) 19 Base (FL)	18	19 68 Base (MI) 51 Base (DV) 30 Base (FL)
20	21	22 Weekly Team Training Ride 6pm 23 Interval (MI) 17 Interval (DV) 21 Base (FL)	23	24 53 Tempo (MI) 39 Tempo (DV) 21 Base (FL)	25	26 75 Base (MI) 56 Base (DV) 35 Base (FL)
27 Weekend Team Training Ride 8am 60 miles	28	29 Weekly Team Training Ride 6pm 11 Interval (MI) 19 Interval (DV) 19 Base (FL)	30	31 26 Tempo (MI) 43 Tempo (DV) 19 Base (FL)		



September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 38 Base (MI) 62 Base (DV) 38 Base (FL)
3	4	5 17 Interval (DV) 17 Tempo (FL)	6	7 JDRF Ride to Cure Grand Rapids, MI 39 Tempo (DV) 25 Base (FL)	8 JDRF Ride to Cure Grand Rapids, MI	9 JDRF Ride to Cure Grand Rapids, MI 56 Base (DV) 42 Base (FL)
10 JDRF Ride to Cure Grand Rapids, MI	11	12 18 Interval (DV) 19 Tempo (FL)	13	14 43 Tempo (DV) 28 Base (FL)	15	16 62 Base (DV) 47 Base (FL)
17 Weekend Team Training Ride 10am 25 miles	18	19 20 Interval (DV) 15 Interval (FL)	20	21 48 Tempo (DV) 36 Tempo (FL)	22	23 68 Base (DV) 51 Base (FL)
24	25	26 23 Interval (DV) 14 Interval (FL)	27	28 53 Tempo (DV) 32 Tempo (FL)	29	30 75 Base (DV) 46 Base (FL)



October 2023

	October 2023						
	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1		2	3 11 Interval (DV) 15 Interval (FL)	4	5 26 Tempo (DV) 36 Tempo (FL)	6	7 38 Base (DV) 51 Base (FL)
8		9	10 17 Interval (FL)	11	12 JDRF Ride to Cure Death Valley, CA 39 Tempo (FL)	13 JDRF Ride to Cure Death Valley, CA	14 JDRF Ride to Cure Death Valley, CA 56 Base (FL)
15 JDRF Ride to Cure Death Valley, CA	16	17 19 Interval (FL)	18	19 43 Tempo (FL)	20	21 62 Base (FL)	
22	23	24 17 Interval (FL)	25	26 39 Tempo (FL)	27	28 56 Base (FL)	
29	30	31 18 Interval (FL)					



November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 43 Tempo (FL)	3	4 62 Base (FL)
5	6	7 20 Interval (FL)	8	9 48 Tempo (FL)	10	11 68 Base (FL)
12	13	14 11 Interval (FL)	15	16	17	18 75 Base (FL)
19	20	21 11 Interval (FL)	22	23 26 Tempo (FL)	24	25 38 Base (FL)
26	27	28	29	30 JDRF Ride to Cure Amelia Island, FL	Dec 1 JDRF Ride to Cure Amelia Island, FL	Dec 2 JDRF Ride to Cure Amelia Island, FL
Dec 3 JDRF Ride to Cure Amelia Island, FL						