


Progressive Cycling® Calendar

DECEMBER 2022						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 2 HR	2	3 2 HR 15 MIN	4
5	6 1 HR 45 MIN	7 1 HR 45 MIN	8 1 HR 45 MIN	9	10 1 HR 50 MIN	11
12	13 1 HR 30 MIN	14 1 HR 30 MIN	15 1 HR 30 MIN	16	17 1 HR 40 MIN	18
19	20 THRESHOLD TEST	21 THRESHOLD TEST	22 THRESHOLD TEST	23	24 THRESHOLD TEST	 25
26	27 1 HR 30 MIN new	28 1 HR 30 MIN new	29 1 HR 30 MIN new	30	31 1 HR 30 MIN new	

JANUARY 2023						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2	3 1 HR 40 MIN	4 1 HR 40 MIN	5 1 HR 40 MIN	6	7 2 HR	8
9	10 1 HR 50 MIN	11 1 HR 50 MIN	12 1 HR 50 MIN	13	14 2 HR 15 MIN	15
16	17 2 HR	18 2 HR	19 2 HR	20	21 2 HR 30 MIN	22
23	24 1 HR 30 MIN	25 1 HR 30 MIN	26 1 HR 30 MIN	27	28 1 HR 30 MIN	29 MOVIE RIDE
30	31 1 HR 45 MIN					

RIDE TIME SUBJECT TO CHANGE. THIS CALENDAR FOR GENERAL PLANNING PURPOSES ONLY.