

Progressive Cycling® Phase II Proposed Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30-Oct	31-Oct	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
	1 HOUR 20 MIN	1 HOUR 30 MIN	1 HOUR 30 MIN		1 HOUR 40 MIN	
6-Nov	7-Nov	8-Nov	9-Nov	10-Nov	11-Nov	12-Nov
	1 HOUR 30 MIN	1 HOUR 20 MIN	1 HOUR 20 MIN		1 HOUR 40 MIN	
13-Nov	14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov
	1 HOUR 30 MIN	1 HOUR 30 MIN	1 HOUR 30 MIN		1 HOUR 40 MIN	
20-Nov	21-Nov	22-Nov	23-Nov	24-Nov	25-Nov	26-Nov
	1 HOUR 40 MIN	1 HOUR 20 MIN	THANKSGIVING		1 HOUR 30 MIN THRESHOLD EVAL	
27-Nov	28-Nov	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec
	1 HOUR 30 MIN THRESHOLD EVAL	1 HOUR 30 MIN THRESHOLD EVAL	1 HOUR 30 MIN THRESHOLD EVAL		1 HOUR 50 MIN	
4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	9-Dec	10-Dec
	1 HOUR 40 MIN	1 HOUR 45 MIN	1 HOUR 45 MIN		2 HOURS	
11-DEC	12-DEC	13-DEC	14-DEC	15-DEC	16-DEC	17-DEC
	1 HOUR 50 MIN	1 HOUR 50 MIN	1 HOUR 50 MIN		2 HOURS 15 MIN	
18-Dec	19-Dec	20-Dec	21-Dec	22-Dec	23-Dec	
	2 HOURS	2 HOURS	2 HOURS		2 HOURS 30 MIN	
25-Dec	26-Dec	27-Dec	28-Dec	29-Dec	30-Dec	31-Dec
BYE WEEK	BYE WEEK	BYE WEEK	BYE WEEK	BYE WEEK	BYE WEEK	BYE WEEK

Hours and times subject to change – this calendar is for general planning purposes only.

The first week in January will start Phase III of Progressive Cycling® and we will be racing the Tour de Wheelhouse that week.