

Week 2

June 12 - July 18

| | 10:00 AM 4:00 PM | Normal Accel, Normal | Elmo Elmo | Normal Turtle River | Normal Accel, Normal | 2 mile time Trial 2 mile Time Trial | Long Run xx | |
|-------------------------|---------------------|-------------------------|------------------|------------------------|-------------------------|--|----------------|---------|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
| Berry, Jack - 10 am | 3 miles | 3 miles | 3 miles | 3 miles | 3 miles | 1up/down 2m TT | 5 miles | Off Day |
| Boaz, Layton | 3 miles | 1up/down 3xElmo | 3 miles | 3 miles | 3 miles | 1up/down 2m TT | 5 miles | Off Day |
| Bordon, Levi -10 am | 3 miles | 3 miles | 3 miles | 3 miles | 3 miles | 1up/down 2m TT | 5 miles | Off Day |
| Carlsen, Caleb | 2 miles | 2 miles | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day |
| Diederich, Preston | 4 miles | 1up/down 3xElmo | 4 miles | 4 miles | 4 miles | 1 up/down 2m TT | 6 miles | Off Day |
| Fiala, Aidan | 4 miles | 1up/down 3xElmo | 4 miles | 4 miles | 4 miles | 1up/down 2m TT | 6 miles | Off Day |
| Green, Colin | 2 miles | 2 miles | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day |
| Halverson, Jaded -10 am | 2 miles | 1up/down 2xElmo | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day |
| Hoverson, Hunter | 3 miles | 1up/down 3xElmo | 3 miles | 3 miles | 3 miles | 1up/down 2m TT | 5 miles | Off Day |
| Hulley, James | 2 miles | 1up/down 2xElmo | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day |
| Kleven, Joe | 3 miles | 1up/down 3xElmo | 3 miles | 3 miles | 3 miles | 1up/down 2m TT | 5 miles | Off Day |
| Kniert, Caius | 3 miles | 1up/down 3xElmo | 3 miles | 3 miles | 3 miles | 1up/down 2m TT | 5 miles | Off Day |
| Martin, Grant | 4 miles | 1up/down 3xElmo | 4 miles | 4 miles | 4 miles | 1 up/down 2m TT | 6 miles | Off Day |
| Mclaren, Derek - 10 am | 2 miles | 1up/down 2xElmo | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day |
| Newborg, Lucas | 2 miles | 2 miles | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day |
| Ruse, Gabe | 2 miles | 2 miles | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day |
| Sailer, Kaden | 2 miles | 2 miles | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day |
| Salberg, Bradley | 2 miles | 1up/down 2xElmo | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day |
| Salberg, Steven | 3 miles | 1up/down 3xElmo | 3 miles | 3 miles | 3 miles | 1up/down 2m TT | 5 miles | Off Day |
| Sande, Curtis | Bike this week | | | | | | | |

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|-------------------|---------------------|-------------------------|------------------|------------------------|-------------------------|--|----------------|--|
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | |
| Schwan, Cody | 2 miles | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day | |
| Schwan, Jaden | Bike this week | | | | | | | |
| Solberg, Blake | 2 miles | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day | |
| Suedel, Danny | Gone | | | | | | | |
| Waddle, Ethan | 2 miles | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day | |
| EGF | | | | | | | | |
| Mahar, Weston | 4 miles | 1up/down 3xElmo | 4 miles | 4 miles | 1 up/down 2m TT | 6 miles | Off Day | |
| Carlson, Brayden | 4 miles | 1up/down 3xElmo | 4 miles | 4 miles | 1 up/down 2m TT | 6 miles | Off Day | |
| Mahar, Jaxon | 4 miles | 1up/down 3xElmo | 4 miles | 4 miles | 1 up/down 2m TT | 6 miles | Off Day | |
| Vandervart, Jonah | 3 miles | 1up/down 3xElmo | 3 miles | 3 miles | 1up/down 2m TT | 5 miles | Off Day | |
| Loer, Brady | 2 miles | 2 miles | 2 miles | 2 miles | 1 up/down 2m TT | 3 miles | Off Day | |