

Twin Cities Training Schedule 2022

Week #	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Begins	20-Jun	27-Jun	4-Jul	11-Jul	18-Jul	25-Jul	1-Aug	8-Aug	15-Aug	22-Aug	29-Aug	5-Sep	12-Sep	19-Sep	26-Sep
Monday	0	0	0	0	0	0	0	0	0	0	0	4	0	0	0
Tuesday	4	4	4	4	5	6	5	3	7	4	7	6	4	5	4
Wednesday	3	5	5	6	9	5	8	9	9	7	7	4	5	5	3
Thursday	5	5	5	4	4	4	4	5	5	4	3	9	3	5	2
Friday	0	3	0	3	5	0	4	4	6	5	5	5	4	4	0
Saturday	8	10	13	15	17	18-20	16	20	15	15	20	16	15	10	26.2
Sunday	4	4	4	4	4	4	0	4	5	6	0	3	5	3	0
TOTAL	24	31	31	36	44	37-39	37	45	47	41	42	47	36	32	35.2

