

## Twin Cities Summer Training Update

Here is a specific listing of training dates for the Twin Cities Summer Program.

- June 16 7pm Benilde-St Margaret's HS, Running and Strength
- June 17 7am Elm Creek, Swim area. Classic Roller and strength, bring rollerskis and running shoes (if you don't have classic, bring skate)
- June 18 8am Bounding and Skate Rollerskiing, bring rollerskis, running shoes, and classic length (or shorter poles)
- June 21 8am Elk River – meet at Woodland Trails. Skate Roller, running. Shooting training to follow.
- June 21 7pm Benilde-St Margaret's HS, Running and Strength
- June 22-26 Training Camp Grand Rapids- (no Twin Cities Training during camp)
- June 28 8am Elk River – meet at Woodland Trails. Skate Roller, running. Shooting training to follow.
- June 28 7pm Benilde-St Margaret's HS, Running and Strength
- June 29 7am-9am Elm Creek by Swim Area. Strength, games, biking
- June 30 8am Elk River, Dryland Technique and Biking, shooting to follow
- June 30 7pm Benilde-St Margaret's HS, Running and Strength
- July 1 7am Elm Creek, Swim area. Classic Roller and strength
- July 2 8am Elm Creek, Swim area, Bounding and Skate Rollerskiing, bring rollerskis, running shoes, and classic length (or shorter poles)
- July 5 NO GROUP TRAINING
- July 6 7am-9am Elm Creek by Swim Area. Strength, games, biking
- July 6 5:30pm register, 6:30pm start, Mountain Bike Race Series- sponsored by MN Biathlon, come race or help with event
- July 7 8am Elk River, Dryland Technique and Biking, shooting to follow
- July 7 7pm Benilde-St Margaret's HS, Running and Strength
- July 8 7am Elm Creek, Swim area. Classic Roller and strength
- July 9 8am Elm Creek, Swim area, Bounding and Skate Rollerskiing, bring rollerskis, running shoes, and classic length (or shorter poles)
- July 12 8am Elk River – meet at Woodland Trails. Skate Roller, running. Shooting training to follow.
- July 12 7pm Benilde-St Margaret's HS, Running and Strength
- July 13 7am-9am Elm Creek by Swim Area. Strength, games, biking
- July 14 8am Elk River, Dryland Technique and Biking, shooting to follow
- July 14 7pm Benilde-St Margaret's HS, Running and Strength
- July 15 7am Elm Creek, Swim area. Classic Roller and strength
- July 16 8am Elm Creek, Swim area, Bounding and Skate Rollerskiing, bring rollerskis, running shoes, and classic length (or shorter poles)
- July 19 8am Elk River – meet at Woodland Trails. Skate Roller, running. Shooting training to follow.
- July 19 7pm Benilde-St Margaret's HS, Running and Strength
- July 20 7am-9am Elm Creek by Swim Area. Strength, games, biking
- July 20 5:30pm register, 6:30pm start, Mountain Bike Race Series- sponsored by MN Biathlon, come race or help with event
- July 21 8am Elk River, Dryland Technique and Biking, shooting to follow

July 21 7pm Benilde-St Margaret's HS, Running and Strength

July 22 7am Elm Creek, Swim area. Classic Roller and strength

July 23 8am Elm Creek, Swim area, Bounding and Skate Rollerskiing, bring  
rollerskis, running shoes, and classic length (or shorter poles)

July 24-26 Mtn Bike Camp- race and training in Grand Rapids.

July 26-30 NO Twin Cities GROUP TRAINING

Aug 2 8am Elk River – meet at Woodland Trails. Skate Roller, running.  
Shooting training to follow.

Aug 2 7pm Benilde-St Margaret's HS, Running and Strength

Aug 3 7am-9am Elm Creek by Swim Area. Strength, games, biking

Aug 3 5:30pm register, 6:30pm start, Mountain Bike Race Series- sponsored by  
MN Biathlon, come race or help with event

Aug 4 8am Elk River, Dryland Technique and Biking, shooting to follow

Aug 4 7pm Benilde-St Margaret's HS, Running and Strength

Aug 5 7am Elm Creek, Swim area. Classic Roller and strength

Aug 6 8am Elm Creek, Swim area, Bounding and Skate Rollerskiing, bring  
rollerskis, running shoes, and classic length (or shorter poles)

Aug 9 8am Elk River – meet at Woodland Trails. Skate Roller, running.  
Shooting training to follow.

Aug 9 7pm Benilde-St Margaret's HS, Running and Strength

Aug 10 7am-9am Elm Creek by Swim Area. Strength, games, biking

Aug 11 8am Elk River, Dryland Technique and Biking, shooting to follow

Aug 11 7pm Benilde-St Margaret's HS, Running and Strength

Aug 12 7am Elm Creek, Swim area. Classic Roller and strength

Aug 13 8am Elm Creek, Swim area, Bounding and Skate Rollerskiing, bring  
rollerskis, running shoes, and classic length (or shorter poles)

Aug 17 5:30pm register, 6:30pm start, Mountain Bike Race Series- sponsored by  
MN Biathlon, come race or help with event

Aug 21 Summer Biathlon Race in St Cloud- 5km running