

September 1 - 30, 2010

RWJ CYCLE Energy Zones

Sun	Mon	Tues	Wed	Thur	Fri	Sat
E=Endurance	S=Strength	I=Interval	R=Group Ride			
65-80% HR 80-110 RPM	75-85 % HR 60-80 RPM	65-92% HR 60-110 RPM	A fun choreographed ride set to great music. (interval style)		90 min rides Sept. 6, 9:30 am Sept.10, 5:15 am Sept.14, 5:30 pm Sept.17, 9:00 am	
			1	2	3	4
			5:45am - I 9:30 am - I 6:30pm - I	7:30am - I 9:30am - E 5:45pm - R	5:45am - S 9:30am - S 5:30pm - E	7:30am - I 9:00am - R
5	6	7	8	9	10	11
8:00am - S 9:00am - I	9:30 - 11:00 am LABOR DAY Center Hours 7am - 1 pm	9:30am - E 5:30pm - E	5:45am - S 9:30am -S 6:30pm - E	7:30am - S 9:30am - I 5:45pm - R	5:15am - 90 min. 9:30am - E 5:30pm - I	7:30am - S 9:00am - R
12	13	14	15	16	17	18
8:00am - E 9:00am - S	5:45am - S 9:30 am - S 5:30pm - E 7:00pm - R	9:30am - I 5:30pm - 90 min.	5:45am - I 9:30am - E 6:30 pm - S	7:30am - E 9:30am - S 5:45pm - R	5:45am - E 9:00am - 90 min. 5:30pm - S	7:30am - E 9:00am - R
19	20	21	22	23	24	25
8:00am - I 9:00am - E	5:45am -I 9:30am - E 5:30pm -I 7:00pm - R	9:30am - S 5:30pm - S	5:45am - E 9:30am - I 6:30pm - I	7:30am - I 9:30am - E 5:45pm - R	5:45am - S 9:30am - S 5:30pm - E	7:30am - I 9:00am - R
26	27	28	29	30		
8:00am - S 9:00am - I	5:45am -E 9:30am - I 5:30pm -S 7:00pm - R	9:30am - E 5:30pm - E	5:45am - S 9:30am - S 6:30pm - E	7:30am - I 9:30am - I 5:45pm - R		