

# JUNE 2017

## RWJ CYCLE ENERGY ZONES

**E = Endurance**      **S = Strength**      **I = Interval**      **\*B = Beginner**  
**65-80% HR**      **75-85 % HR**      **65-92% HR**  
**80-110 RPM**      **60-80 RPM**      **60-110 RPM**

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				7:30am - S 9:30am - I 5:45pm - S	5:45am - I 9:30am - S	7:30am - I 9:00am - E
4	5	6	7	8	9	10
8:00am - E 9:00am - I	5:45am - I 7:30am - E 9:30am - S 6:00pm - E	7:30am - S 9:30am - E 5:30pm - S	5:45am - E 7:30am - I 9:30am - I 4:30pm - S	7:30am - E 9:30am - S 5:45pm - E	5:45am - S 9:30am - E	7:30am - S 9:00am - I
11	12	13	14	15	16	17
8:00am - I 9:00am - S	5:45am - S 7:30am - I 9:30am - E 6:00pm - I	7:30am - E 9:30am - I 5:30pm - E	5:45am - I 7:30am - S 9:30am - S 4:30pm - E	7:30am - I 9:30am - E 5:45pm - I	5:45am - E 9:30am - I	7:30am - E 9:00am - S
18	19	20	21	22	23	24
8:00am - S 9:00am - E	5:45am - E 7:30am - S 9:30am - I 6:00pm - S	7:30am - I 9:30am - S 5:30pm - I	5:45am - S 7:30am - E 9:30am - E 4:30pm - I	7:30am - S 9:30am - I 5:45pm - S	5:45am - I 9:30am - S	7:30am - I 9:00am - E
25	26	27	28	29	30	
8:00am - E 9:00am - I	5:45am - I 7:30am - E 9:30am - S 6:00pm - E	7:30am - S 9:30am - E 5:30pm - S	5:45am - E 7:30am - I 9:30am - I 4:30pm - S	7:30am - E 9:30am - S 5:45pm - E	5:45am - S 9:30am - E	