

# NOVEMBER 2017

## RWJ CYCLE ENERGY ZONES

E = Endurance

S = Strength

I = Interval

\*B = Beginner

65-80% HR  
80-110 RPM

75-85 % HR  
60-80 RPM

65-92% HR  
60-110 RPM

*Thanksgiving Day*

*90 Minute Ride*

**NOV 23 • 7:30am - 9:00am**

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
			5:45am - E 7:30am - I  9:30am - I 4:30pm - S  6:00pm - E	7:30am - E  9:30am - S  5:45pm - E	5:45am - S  9:30am - E  5:30pm - i	7:30am - S  9:00am - I
5	6	7	8	9	10	11
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 - S	5:45am - I 7:30am - S  9:30am - S 4:30pm - E  6:00pm - S	7:30am - I  9:30am - E  5:45pm - I	5:45am - E  9:30am - I  5:30pm - S	7:30am - E  9:00am - S
12	13	14	15	16	17	18
8:00am - S 9:00am - E	5:45am - E 7:30am - S  9:30am - I  6:00pm - E	7:30am - I  9:30am - S  5:30pm - E	5:45am - S 7:30am - E  9:30am - E 4:30pm - I  6:00pm - I	7:30am - S  9:30am - I  5:45pm - S	5:45am - I  9:30am - S  5:30pm - E	7:30am - I  9:00am - E
19	20	21	22	23	24	25
8:00am - E 9:00am - I	5:45am - I 7:30am - E  9:30am - S  6:00pm - S	7:30am - S  9:30am - E  5:30pm - i	5:45am - E 7:30am - I  9:30am - I 4:30pm - S  6:00pm - E	<i>Thanksgiving Day</i> <i>90 Minute Ride</i> <b>7:30am - 9:00am</b>  <b>EARLY CLOSING</b>	9:30am - E  5:30pm - i	7:30am - S  9:00am - I
26	27	28	29	30		
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 - S	5:45am - I 7:30am - S  9:30am - S 4:30pm - E  6:00pm - S	7:30am - I  9:30am - E  5:45pm - I		