

OCTOBER 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	4	5	6	7
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
8	9	10	11	12	13	14
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
15	16	17	18	19	20	21
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
22	23	24	25	26	27	28
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
29	30	31				
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				