

# May-17

## PFW Princeton Energy Zones

### Energy Zones

<b>E=Endurance</b> 65-80% HR 80-110 RPM	<b>I=Interval</b> 65-92% HR 60-110 RPM	<b>S=Strength</b> 75-85 % HR 60-80 RPM	<b>Watts Testing</b> Track the progress of your power output, cadence, heart rate and the effectiveness of your pedaling.	<b>Begin To Spin</b> Learn the basics of indoor cycling. Proper bike set up and heart rate training will be introduced.	<b>NEW to the cycle program? Please arrive 10 minutes early to get set-up. Have a great ride!</b>
<b>RD=Race Day</b> 80-92 % HR 60-110 RPM					

### SPECIAL CLASSES

May 14th: Special Visual Ride (8:30am).

May 24th: Watts Profile (9:15am).

May 29th: Memorial Day: Patriot Ride (8:30am) & (10:00am).



Sun	Mon	Tues	Wed	Thur	Fri	Sat
	1 5:30am - I 9:15am - I 6:00pm - I	2 9:15am - S 12:15pm - S 7:00pm - S	3 5:30am - E 9:15am - E 6:30pm - E	4 9:15am - I 12:15pm - I 6:15pm - I	5 6:50am - S 9:15am - S 5:30pm - S <i>Cinco de Mayo Fiesta!</i>	6 7:30am - E 9:00am - E 10:10am - E
7 8:30am - I 10:00am - I	8 5:30am - S 9:15am - S 6:00pm - S	9 9:15am - E 12:15pm - E 7:00pm - E	10 5:30am - I 9:15am - I 6:30pm - I	11 9:15am - S 12:15pm - S 6:15pm - S	12 6:50am - E 9:15am - E 5:30pm - E	13 7:30am - I 9:00am - I 10:10am - I
14 8:30am - S 10:00am - S <i>Happy Mother's Day</i>	15 5:30am - E 9:15am - E 6:00pm - E	16 9:15am - I 12:15pm - I 7:00pm - I	17 5:30am - S 9:15am - S 6:30pm - S	18 9:15am - E 12:15pm - E 6:15pm - E	19 6:50am - I 9:15am - I 5:30pm - I	20 7:30am - S 9:00am - S 10:10am - S
21 8:30am - E 10:00am - E	22 5:30am - I 9:15am - I 6:00pm - I	23 9:15am - S 12:15pm - S 7:00pm - S	24 5:30am - E 9:15am - <b>WattsTest</b> 6:30pm - E	25 9:15am - I 12:15pm - I 6:15pm - I	26 6:50am - S 9:15am - S 5:30pm - S	27 7:30am - E 9:00am - E 10:10am - E
28 8:30am - I 10:00am - I	29 8:30am - S 10:00am - S <i>PFW HOURS:7am-1pm</i>	30 9:15am - E 12:15pm - E 7:00pm - E	31 5:30am - I 9:15am - I 6:30pm - I			