

# September-17

## PFW Princeton Energy Zones

### Energy Zones

|  |  |  |  |  |   |
|--|--|--|--|--|---|
| <b>E=Endurance</b><br>65-80% HR<br>80-110 RPM  | <b>I=Interval</b><br>65-92% HR<br>60-110 RPM | <b>S=Strength</b><br>75-85 % HR<br>60-80 RPM | <b>Watts Testing</b><br>Track the progress of your power output, cadence, heart rate and the effectiveness of your pedaling. | <b>Begin To Spin</b><br>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><br>80-92 % HR<br>60-110 RPM |  |  |  |  |   |

### SPECIAL CLASSES

September 10th: Special Visual Ride (8:30am); September 19th: 12:15pm class reinstated.  
 September 23rd: 10:10am; Conquer Mt. Figeroa, the Santa Barbara, CA training ground for pro cycle teams. Long climbs with steep peaks to challenge your legs.  
 September 23rd: Intro to Cycle (11:30am; 20 min set up/35 min ride).



| Sun                             | Mon   | Tues  | Wed  | Thur  | Fri  | Sat   |
|---------------------------------|---|---|--|---|--|---|
|                                 |   |   |  |   | 1<br>6:50am - I<br>9:15am - I<br>5:30pm - I  | 2<br>7:30am - S<br>9:00am - S<br>10:10am - S                              |
| 3<br>8:30am - E<br>10:00am - E  | 4<br><b>LABOR DAY</b><br>9:15am - I<br><b>PFW HOURS:</b><br>7am-1pm | 5<br>9:15am - S<br>7:00pm - S                 | 6<br>5:30am - E<br>9:15am - E<br>6:30pm - E  | 7<br>9:15am - I<br>12:15pm - I<br>6:15pm - I  | 8<br>6:50am - S<br>9:15am - S<br>5:30pm - S  | 9<br>7:30am - E<br>9:00am - E<br>10:10am - E                              |
| 10<br>8:30am - I<br>10:00am - I | 11<br>5:30am - S<br>9:15am - S<br>6:00pm - S                        | 12<br>9:15am - E<br>7:00pm - E                | 13<br>5:30am - I<br>9:15am - I<br>6:30pm - I | 14<br>9:15am - S<br>12:15pm - S<br>6:15pm - S | 15<br>6:50am - E<br>9:15am - E<br>5:30pm - E | 16<br>7:30am - I<br>9:00am - I<br>10:10am - I                             |
| 17<br>8:30am - S<br>10:00am - S | 18<br>5:30am - E<br>9:15am - E<br>6:00pm - E                        | 19<br>9:15am - I<br>12:15pm - I<br>7:00pm - I | 20<br>5:30am - S<br>9:15am - S<br>6:30pm - S | 21<br>9:15am - E<br>12:15pm - E<br>6:15pm - E | 22<br>6:50am - I<br>9:15am - I<br>5:30pm - I | 23<br>7:30am - S<br>9:00am - S<br>10:10am - S<br>11:30am - Intro to Cycle |
| 24<br>8:30am - E<br>10:00am - E | 25<br>5:30am - I<br>9:15am - I<br>6:00pm - I                        | 26<br>9:15am - S<br>12:15pm - S<br>7:00pm - S | 27<br>5:30am - E<br>9:15am - E<br>6:30pm - E | 28<br>9:15am - I<br>12:15pm - I<br>6:15pm - I | 29<br>6:50am - S<br>9:15am - S<br>5:30pm - S | 30<br>7:30am - E<br>9:00am - E<br>10:10am - E                             |
| 31<br>8:30am - I<br>10:00am - I |   |   |  |   |  |   |