

#NeverStop Weekly Peloton Plan Week of 7/20/2020

Day of Week	Workout Method	Date	Time (EST)	Length	Workout Type	Class Date/Time	Instructor	Class	
Monday	Speed	7/20/20	6:00 AM	20	Cycling	7/15/20 @ 8:45 AM	Matt Wilpers	Tabata Ride	
			6:30 AM	20	Running	7/17/20 @ 10:30 AM	Andy Speer	HIIT Run	
			6:55 AM	5	Stretching	Latest	Olivia Amato	Post Run Stretch	
			7:00 AM	10	Strength	6/18/18 @ 8:35 AM	Olivia Amato	Core Strength	
Tuesday	Strength	7/21/20	6:30 AM	20	Cycling	6/24/20 @ 5:15 PM	Matt Wilpers	Low Impact (Pedal Drills)	
			7:00 AM	45	Running	Live	Olivia Amato	Pop Run (+3 on Incline called)	
			7:50 AM	5	Stretching	Latest	Olivia Amato	Post Run Stretch	
			8:05 AM	10	Strength	6/25/18 @ 8:35 AM	Olivia Amato	Core Strength	
Wednesday	Endurance	7/22/20	7:40 AM	10	Strength	7/16/18 @ 8:35am	Olivia Amato	Core Strength	
			8:00 AM	45	Cycling	Live	Matt Wilpers	Power Zone Endurance Ride	
			11:05 AM	20	Running	Live	Olivia Amato	Rock Run	
Thursday	HIIT / Intervals	7/23/20	7:45 AM	10	Strength	10/10/18 @ 8:35am	Olivia Amato	Core Strength	
			8:00 AM	30	Cycling	Live	Olivia Amato	Intervals Ride	
			8:45 AM	20	Cycling	Live	Olivia Amato	HIIT Ride	
			10:00 AM	45	Yoga	Live	Anna Greenberg	Yoga Flow	
Friday	Threshold	7/24/20	7:00 AM	60	Cycling	7/18/20 @ 8:00 AM	Matt Wilpers	Power Zone Ride	
			8:05 AM	10	Stretching	Latest	Olivia Amato	Core Strength	
			8:20 AM	10	Strength	12/7/18 @ 7:35am	Olivia Amato	Core Strength	
Saturday	Distance	7/25/20	7:00 AM	120	Running	Live	Just Ride	Running	
			9:00 AM	10	Stretching	Latest	Olivia Amato	Post Run Stretch	
Sunday	Recovery	7/26/20	8:00 AM	45	Cycling	Live	Kendall Toole	Rock Ride	
			8:50 AM	10	Stretching	Latest	Olivia Amato	Stretching	
			8:50 AM	20	Strength	3/21/19 @ 7:25am	Olivia Amato	Core Strength	