

#NeverStop Weekly Peloton Plan Week of 7/27/2020

Day of Week	Workout Method	Date	Time (EST)	Length	Workout Type	Class Date/Time	Instructor	Class	
Monday	Speed	7/27/20	7:00 AM	30	Cycling	7/20/20 @ 11:30 AM	Olivia Amato	House Ride	
			7:35 AM	20	Strength	7/26/20 @ 8:30 AM	Olivia Amato	Rock Full Body Strength	
			10:30 AM	20	Running	Live	Olivia Amato	Intervals Run	
			11:05 AM	15	Strength	Live	Olivia Amato	Bodyweight Strength	
Tuesday	Strength	7/28/20	7:00 AM	10	Strength	6/8/18 @ 7:35 AM	Olivia Amato	Core Strength	
			7:15 AM	10	Strength	6/18/18 @ 8:35 AM	Olivia Amato	Core Strength	
			8:00 AM	20	Yoga	Live	Aditi Shah	Slow Flow	
			8:45 AM	10	Yoga	Live	Aditi Shah	Restorative	
Wednesday	Mix	7/29/20	7:00 AM	20	Running	Live	Olivia Amato	Country Pop Run	
			7:30 AM	20	Strength	2/11/20 @ 6:00 aM	Andy Speer	Glutes & Legs Strength	
			8:00 AM	30	Cycling	Live	Matt Wilpers	HIIT Ride	
			8:45 AM	10	Cycling	Live	Matt Wilpers	Climb Ride	
Thursday	Endurance	7/30/20	7:00 AM	30	Strength	7/26/20 @ 10:00 AM	Andy Speer	Upper Body Strength	
			7:40 AM	20	Yoga	7/23/20 @ 10:00 AM	Anna Greenberg	Power Yoga	
			6:00 PM	45	Cycling	Live	Olivia Amato	Power Zone Endurance Ride	
Friday	Endurance	7/31/20	6:05 AM	45	Cycling	5/27/17 @ 7:00 AM	Steven Little	HRZ Endurance Ride	
			7:00 AM	60	Running	Live	Becs Gentry	Endurance Run	
			8:05 AM	10	Strength	6/25/18 @ 8:35 AM	Olivia Amato	Core Strength	
Saturday	Distance	8/1/20	8:30 AM	45	Running	Live	Matt Wilpers	Progression Run	
			9:30 AM	60	Running	6/25/20 @ 7:00 AM	Becs Gentry	Endurance Run	
			11:00 AM	75	Yoga	Live	Anna Greenberg	Yoga Flow	
Sunday	Recovery	8/2/20	8:00 AM	45	Cycling	7/30/20 @ 6:00 PM	Olivia Amato	Power Zone Endurance Ride	
			9:00 AM	30	Yoga	Live	Ross Rayburn	Yoga Flow	
			9:45 AM	10	Strength	7/16/18 @ 8:35 AM	Olivia Amato	Core Strength	