

## #NeverStop Weekly Peloton Plan Week of 8/3/2020

Day of Week	Workout Method	Date	Time (EST)	Length	Workout Type	Class Date/Time	Instructor	Class	
Monday	Mix	8/3/20	6:00 AM	45	Cycling	7/30/20 @ 6:00 PM	Olivia Amato	Power Zone Endurance Ride	
			7:00 AM	20	Running	Live (Outdoors)	Jess Sims	2010s Run	
			7:25 AM	30	Running	6/3/20 @ 9:00 AM	Andy Speer	HIIT Run	
Tuesday	Strength	8/4/20	7:00 AM	20	Running	Live	Matt Wilpers	80s Rock Run	
			7:35 AM	20	Running	Live	Matt Wilpers	90s Rock Run	
			8:00 AM	30	Yoga	7/29/20 @ 8:00 AM	Anna Greenberg	Yoga Flow: Hamstrings	
Wednesday	Threshold	8/5/20	7:00 AM	45	Cycling	5/25/17 @ 7:00 AM	Steven Little	HRZ Endurance Ride	
			8:00 AM	45	Cycling	Live	Matt Wilpers	Power Zone Ride	
			8:50 AM	30	Yoga	8/4/2020 @ 6:00 PM	Anna Greenberg	Pelothon 2020 Yoga Flow	
Thursday	HIIT	8/6/20	7:00 AM	20	Cycling	7/23/20 @ 8:45 AM	Olivia Amato	HIIT Ride	
			7:30 M	20	Cycling	7/15/20 @ 8:45 AM	Matt Wilpers	Tabata Ride	
			8:00 AM	30	Yoga	Live	Anna Greenberg	Yoga Flow	
Friday	Tempo	8/7/20	7:00 AM	45	Running	8/2/20 @ 8:30 AM	Matt Wilpers	Progression Run	
			8:00 AM	30	Yoga	7/29/20 @ 8:00 AM	Anna Greenberg	Yoga Flow: Hamstrings	
Saturday	Threshold	8/8/20	8:00 AM	60	Cycling	Live	Matt Wilpers	Power Zone Endurance Ride	
			9:00 AM	45	Yoga	Live	Anna Greenberg	Slow flow	
			10:00 AM	60	Bootcamp	Live (Outdoors)	Jess Sims	Bootcamp Full body	
Sunday	Distance	8/9/20	8:30 AM	45	Running	Live	Becs Gentry	Endurance Run	
			9:15 AM	60	Running	Outdoor		Endurance Run	