

#NeverStop Weekly Peloton Plan Week of 08/10/2020

Day of Week	Workout Method	Date	Time (EST)	Length	Workout Type	Class Date/Time	Instructor	Class	
Monday	Strength	8/10/20	7:00 AM	30	Strength	1/3/20 @ 6:00 AM	Olivia Amato	Body Weigth Strength	
			7:35 AM	20	Cardio	8/5/20 @ 10:00 AM	Olivia Amato	Ellie Goulding HIIT Cardio	
			8:00 AM	10	Strength	7/16/18 @ 8:35 AM	Olivia Amato	Core Strength	
			8:15 AM	10	Strength	10/10/18 @ 8:35 AM	Olivia Amato	Core Strength	
			6:00 PM	30	Yoga	8/5/20 @ 8:00 AM	Ross Rayburn	Slow Flow	
Tuesday	Endurance	8/11/20	6:00 AM	30	Cycling	1/19/20 @ 4:30 PM	Matt Wilpers	Low Impact (Pedal Drills)	
			6:30 AM	45	Cycling	7/30/20 @ 6:00 PM	Olivia Amato	Power Zone Endurance Ride	
			7:30 AM	30	Strength	5/10/20 @ 11:00 AM	Andy Speer	Lower Body: Live from Home	
			8:00 AM	10	Strength	12/07/18 @ 7:35 AM	Olivia Amato	Core Strength	
			6:00 PM	45	Yoga	Live	Anna Greenberg	Yoga Flow	
Wednesday	Endurance	8/12/20	6:30 AM	30	Strength	7/26/2020 @ 10:00 AM	Andy Speer	Upper Body Strength	
			7:10 AM	10	Strength	12/10/18 @ 6:35 AM	Olivia Amato	Core Strength	
			8:00 AM	30	Cycling	Live	Matt Wilpers	Power Zone Endurance Ride	
			8:45 AM	15	Cycling	Live	Matt Wilpers	Low Impact	
Thursday	HIIT	8/13/20	7:00 AM	45	Running	Live	Becs Gentry	HIIT Run	
			8:00 AM	30	Cycling	Live	Olivia Amato	Intevals Ride	
			8:45 AM	20	Cycling	Live	Olivia Amato	HIIT Ride	
Friday	Mix	8/14/20	6:30 AM	Training	Running	Live	Just Run	3 miles 9:13 pace 6.5 mph	
			7:00 AM	20	Running	Live	Olivia Amato	Pop Run	
			7:35 AM	20	Strength	Live	Olivia Amato	Pop Full Body Strength	
			8:00 AM	20	Strength	3/21/19 @ 7:25 AM	Olivia Amato	Core Strength	
Saturday	Long	8/15/20	7:00 AM	Training	Running	Live	Just Run	4 miles 9:13 pace 7 mph	
			8:00 AM	60	Cycling	Live	Matt Wilpers	Power Zone Ride	
			9:00 AM	45	Yoga	Live	Anna Greenberg	Yoga Flow	
Sunday	Tempo	8/16/20	7:00 AM	Training	Running	Live	Just Run	6 miles 8:34 pace	
			8:00 AM	20	Cycling	Live	Kendall Toole	90s Hip Hop Ride	
			8:35 AM	20	Cycling	Live	Kendall Toole	Tabata Ride	
			9:00 AM	10	Strength	5/20/19 @ 7:35 AM	Olivia Amato	Core Strength	