

#NeverStop Weekly Peloton Plan Week of 08/24/2020

Day of Week	Workout Focus	Date	Time (EST)	Length	Workout Type	Class Date/Time	Instructor	Class	
Monday	Endurance	8/24/20	6:30 AM	10	Running	8/11/20 @ 10:00 AM	Olivia Amato	Warm Up Run	
			6:40 AM	60	Running	3/3/20 @ 7:30 PM	Becs Gentry	Endurance Run	
			7:40 AM	10	Strength	2/16/20 @ 11:50 AM	Matt Wilpers	Strength for Runners	
			7:50 AM	10	Strength	1/15/20 @ 6:35 AM	Matt Wilpers	Strength for Runners	
Tuesday	HIIT	8/25/20	6:20 AM	10	Cycling	5/26/20 @ 10:00 AM	Matt Wilpers	Warm Up Ride	
			6:30 AM	30	Cycling	3/31/20 @ 10:00 AM	Olivia Amato	HIIT Ride	
			7:00 AM	20	Strength	8/14/20 @ 7:35 AM	Olivia Amato	Full Body Strength	
			7:30 AM	20	Strength	8/4/20 @ 10:00 AM	Olivia Amato	Core Strength	
Wednesday	Mix	8/26/20	6:45 AM	10	Running	8/11/20 @ 10:00 AM	Olivia Amato	Warm Up Run	
			7:00 AM	45	Running	Live	Olivia Amato	2000s Run	
			7:50 AM	20	Strength	8/4/20 @ 10:00 AM	Olivia Amato	Core Strength	
Thursday	Mix	8/27/20	7:45 AM	10	Cycling	5/26/20 @ 10:00 AM	Matt Wilpers	Warm Up Ride	
			8:00 AM	30	Cycling	Live	Olivia Amato	Power Zone Endurance Ride	
			8:45 AM	20	Cycling	Live	Olivia Amato	Rock Ride	
Friday	Endurance	8/28/20	6:30 AM	10	Running	8/11/20 @ 10:00 AM	Olivia Amato	Warm Up Run	
			6:40 AM	60	Running	3/3/20 @ 7:30 PM	Becs Gentry	Endurance Run	
			7:40 AM	10	Strength	2/16/20 @ 11:50 AM	Matt Wilpers	Strength for Runners	
			7:50 AM	10	Strength	1/15/20 @ 6:35 AM	Matt Wilpers	Strength for Runners	
Saturday	Recovery	8/29/20	7:30 AM	45	Cycling	12/20/19 @ 7:00 AM	Matt Wilpers	Low Impact Ride (Pedal Drills)	
			8:30 AM	20	Strength	8/4/20 @ 10:00 AM	Olivia Amato	Core Strength	
			9:00 AM	45	Yoga	Live	Anna Greenberg	Yoga Flow	
Sunday	Long	8/30/20	7:00 AM	60	Running	Outdoor	Matt Wilpers	Marathon Race Prep	
			9:00 AM	75	Yoga	Live	Aditi Shah	Yoga Flow	