

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
YOGA SESSION	<p>Cardio-Vascular session and Stretching (60 minutes)</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 2 minutes @ Z4 2 minutes @ Z2-Z3 Repeat X 3 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 6 minutes spinning @ Zone 1-2 Main Set: 30 minutes @ Z2 - Z3 Cool down: 6 minutes spinning @ Zone 1 Stretch: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 2 minutes @ Z4 2 minutes @ Z2-Z3 Repeat X 3 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	STRETCHING	<p>Aerobic Conditioning Ride</p> <p>Warm up: 6 minutes spinning @ Zone 1-2 Main Set: 60 minutes @ Z2 - Z3 Cool down: 6 minutes spinning @ Zone 1 Stretch: 5 minutes</p>
YOGA SESSION	<p>Cardio-Vascular session and Stretching (60 minutes)</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 2 minutes @ Z4 90 seconds @ Z2-Z3 Repeat X 4 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 6 minutes spinning @ Zone 1-2 Main Set: 33 minutes @ Z2 - Z3 Cool down: 6 minutes spinning @ Zone 1 Stretch: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 3 minutes @ Z4 2 minutes @ Z2-Z3 Repeat X 3 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	STRETCHING	<p>Aerobic Conditioning Ride</p> <p>Warm up: 6 minutes spinning @ Zone 1-2 Main Set: 66 minutes @ Z2 - Z3 Cool down: 6 minutes spinning @ Zone 1 Stretch: 5 minutes</p>
YOGA SESSION	<p>Cardio-Vascular session and Stretching (60 minutes)</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 2 minutes @ Z4 1 minute @ Z2-Z3 Repeat X 5 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 6 minutes spinning @ Zone 1-2 Main Set: 39 minutes @ Z2 - Z3 Cool down: 6 minutes spinning @ Zone 1 Stretch: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 4 minutes @ Z4 2 minutes @ Z2-Z3 Repeat X 3 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	STRETCHING	<p>Aerobic Conditioning Ride</p> <p>Warm up: 6 minutes spinning @ Zone 1-2 Main Set: 1H15 minutes @ Z2 - Z3 Cool down: 6 minutes spinning @ Zone 1 Stretch: 5 minutes</p>

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YOGA SESSION	<p>Cardio-Vascular session and Stretching (60 minutes)</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 2 minutes @ Z4 1 minute @ Z2-Z3 Repeat X 3 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 6 minutes spinning @ Zone 1-2 Main Set: 30 minutes @ Z2 - Z3 Cool down: 6 minutes spinning @ Zone 1 Stretch: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 2 minutes @ Z4 2 minutes @ Z2-Z3 Repeat X 3 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	STRETCHING	<p>Aerobic Conditioning Ride</p> <p>Warm up: 6 minutes spinning @ Zone 1-2 Main Set: 1H00 @ Z2 - Z3 Cool down: 6 minutes spinning @ Zone 1 Stretch: 5 minutes</p>
YOGA SESSION	<p>Cardio-Vascular session and Stretching (60 minutes)</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 3 minutes @ Z4 2 minutes @ Z2-Z3 Repeat X 6 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 6 minutes spinning @ Zone 1-2 Main Set: 50 minutes @ Z2 - Z3 Cool down: 6 minutes spinning @ Zone 1 Stretch: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 4 minutes @ Z4 1 minute @ Z2-Z3 Repeat X 3 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	STRETCHING	<p>Aerobic Conditioning Ride</p> <p>Warm up: 6 minutes spinning @ Zone 1-2 Main Set: 1H30 minutes @ Z2 - Z3 Cool down: 6 minutes spinning @ Zone 1 Stretch: 5 minutes</p>
YOGA SESSION	<p>Cardio-Vascular session and Stretching (60 minutes)</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 2 minutes @ Z4 2 minutes @ Z2-Z3 Repeat X 6 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	<p>Aerobic Conditioning Ride</p> <p>Warm up: 6 minutes spinning @ Zone 1-2 Main Set: 30 minutes @ Z2 - Z3 Cool down: 6 minutes spinning @ Zone 1 Stretch: 5 minutes</p>	RESISTANCE TRAINING	<p>Threshold Intervals</p> <p>Warm up: 6 minutes spinning @ Zone 1-2-3 Main Set: 2 minutes @ Z4 1 minute @ Z2-Z3 Repeat X 3 5 minutes @ Z2 Repeat X 2 Cool down: 6 minutes spinning @ Zone 3-2-1 Stretch: 5 minutes</p>	<p>STRETCHING 20 MINUTES EASY SPINNING</p> <p>STRETCH: 5 MINUTES</p>	<p>Aerobic Conditioning Ride 30km bike event</p>