

January 2020 | Spinning® Energy Zones | Mission Bay

Scheduled Daily Rides for the Spinning Enthusiast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 INTERVAL	2 STRENGTH	3 ENDURANCE	4 MYSTERY?
5 INTERVAL	6 STRENGTH	7 ENDURANCE	8 MYSTERY?	9 INTERVAL	10 STRENGTH	11 ENDURANCE
12 MYSTERY?	13 INTERVAL	14 STRENGTH	15 ENDURANCE	16 MYSTERY?	17 INTERVAL	18 STRENGTH
19 ENDURANCE	20 MYSTERY?	21 INTERVAL	22 STRENGTH	23 ENDURANCE	24 MYSTERY?	25 INTERVAL
26 STRENGTH	27 ENDURANCE	28 MYSTERY?	29 INTERVAL	30 STRENGTH	31 ENDURANCE	

Energy Zone Descriptions

Endurance: 65-75% maxHR. A long, sustained application of energy. High aerobic benefit & fat metabolism. Most endurance sports training and aerobic base building is done in this zone.

Strength: 75-85% maxHR. Uses heavy resistance on hills to develop muscular endurance and power.

Interval: 65-92% maxHR. Emphasis on speed, tempo, timing and teaching the body to recover quickly.

Race Day: 80-92% maxHR. "Peak Performance" Sustained work at anaerobic threshold. Requires a substantial fitness base. Not for beginners!

Mystery?: A variety of terrains, tempos and intensities. Expect the unexpected!

February 2020 | Spinning® Energy Zones | Mission Bay

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2 INTERVAL	3 STRENGTH	4 ENDURANCE	5 MYSTERY?	6 INTERVAL	7 STRENGTH	8 ENDURANCE
9 MYSTERY?	10 INTERVAL	11 STRENGTH	12 ENDURANCE	13 MYSTERY?	14 INTERVAL	15 STRENGTH
16 ENDURANCE	17 MYSTERY?	18 INTERVAL	19 STRENGTH	20 ENDURANCE	21 MYSTERY?	22 INTERVAL
23 STRENGTH	24 ENDURANCE	25 MYSTERY?	26 INTERVAL	27 STRENGTH	28 ENDURANCE	29 MYSTERY?

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8 MYSTERY?	9 INTERVAL	10 STRENGTH	11 ENDURANCE	12 MYSTERY?	13 INTERVAL	14 STRENGTH
15 ENDURANCE	16 MYSTERY?	17 INTERVAL	18 STRENGTH	19 ENDURANCE	20 MYSTERY?	21 INTERVAL
22 STRENGTH	23 ENDURANCE	24 MYSTERY?	25 INTERVAL	26 STRENGTH	27 ENDURANCE	28 MYSTERY?
29 INTERVAL	30 STRENGTH	31 ENDURANCE				

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12 ENDURANCE	13 MYSTERY?	14 INTERVAL	15 STRENGTH	16 ENDURANCE	17 MYSTERY?	18 INTERVAL
19 STRENGTH	20 ENDURANCE	21 MYSTERY?	22 INTERVAL	23 STRENGTH	24 ENDURANCE	25 MYSTERY?
26 INTERVAL	27 STRENGTH	28 ENDURANCE	29 MYSTERY?	30 INTERVAL		

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3 MYSTERY?	4 INTERVAL	5 STRENGTH	6 ENDURANCE	7 MYSTERY?	8 INTERVAL	9 STRENGTH
10 ENDURANCE	11 MYSTERY?	12 INTERVAL	13 STRENGTH	14 ENDURANCE	15 MYSTERY?	16 INTERVAL
17 STRENGTH	18 ENDURANCE	19 MYSTERY?	20 INTERVAL	21 STRENGTH	22 ENDURANCE	23 MYSTERY?
24 INTERVAL	25 STRENGTH	26 ENDURANCE	27 MYSTERY?	28 INTERVAL	29 STRENGTH	30 ENDURANCE
31 MYSTERY?						

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7 ENDURANCE	8 MYSTERY?	9 INTERVAL	10 STRENGTH	11 ENDURANCE	12 MYSTERY?	13 INTERVAL
14 STRENGTH	15 ENDURANCE	16 MYSTERY?	17 INTERVAL	18 STRENGTH	19 ENDURANCE	20 MYSTERY?
21 INTERVAL	22 STRENGTH	23 ENDURANCE	24 MYSTERY?	25 INTERVAL	26 STRENGTH	27 ENDURANCE
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12 STRENGTH	13 ENDURANCE	14 MYSTERY?	15 INTERVAL	16 STRENGTH	17 ENDURANCE	18 MYSTERY?
19 INTERVAL	20 STRENGTH	21 ENDURANCE	22 MYSTERY?	23 INTERVAL	24 STRENGTH	25 ENDURANCE
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16 INTERVAL	17 STRENGTH	18 ENDURANCE	19 MYSTERY?	20 INTERVAL	21 STRENGTH	22 ENDURANCE
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11 INTERVAL	12 STRENGTH	13 ENDURANCE	14 MYSTERY?	15 INTERVAL	16 STRENGTH	17 ENDURANCE
18 MYSTERY?	19 INTERVAL	20 STRENGTH	21 ENDURANCE	22 MYSTERY?	23 INTERVAL	24 STRENGTH
25 ENDURANCE	26 MYSTERY?	27 INTERVAL	28 STRENGTH	29 ENDURANCE	30 MYSTERY?	31 INTERVAL

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15 MYSTERY?	16 INTERVAL	17 STRENGTH	18 ENDURANCE	19 MYSTERY?	20 INTERVAL	21 STRENGTH
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6 INTERVAL	7 STRENGTH	8 ENDURANCE	9 MYSTERY?	10 INTERVAL	11 STRENGTH	12 ENDURANCE
13 MYSTERY?	14 INTERVAL	15 STRENGTH	16 ENDURANCE	17 MYSTERY?	18 INTERVAL	19 STRENGTH
20 ENDURANCE	21 MYSTERY?	22 INTERVAL	23 STRENGTH	24 ENDURANCE	25 MYSTERY?	26 INTERVAL
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