

Princeton University Campus Recreation

Summer 2009 Spinning Schedule

REVISED MAY 29, 2009

Monday	Tuesday	Wednesday	Thursday	Friday
	7:15am (I) Megan	8:00am (S) Andrea	7:15 am (E) Megan	
12 pm (S) Dan	12 pm (E) Liz/Teuta	12 pm (S) Jenny	12 pm (E) Liz/Dan	12 pm (I) Jenny
5:15 pm (I) Andrea	5:15 pm (S) Jenny	5:15 pm (I) Dan	5:15 pm (S) Teuta	5:15 pm (S) Illan

Please note: Instructors subject to change.

Schedule effective from Monday, 6/1/09 to Friday, 8/28/09.

No classes Monday, 5/24, Monday, 6/1, Tuesday, 6/2 and Friday, 7/3.

E-Endurance Ride

The Endurance Energy Zone (65-75% of MHR) builds your aerobic foundation, increases aerobic capacity and improves cycling economy (meaning your body has to expend less energy at any given intensity). Endurance training is the foundation upon which you build your fitness and performance goals, and most of your workout time should be spent in this zone.

I-Interval Ride

Interval training (65-92% of MHR)—abruptly increasing and decreasing heart rate by manipulating the intensity of an activity—is beneficial for anyone looking for a way to enhance fitness and overall health. An effective aerobic base is necessary before tackling interval workouts, which should only comprise 5-10% of total training time.

S-Strength Ride

This energy zone (75-85% of MHR) uses constant resistance (moderate to heavy load) on the legs during the work portion of the class. Strength rides build your muscular strength and endurance, as well as the cardiovascular system.