


November

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
INSTRUCTORS KB-Ken Bushey JM-Joe McCarthy AR-Ann Ripley AS-Angie Scott		ENERGY ZONE EEZ-Endurance SEZ-Strength IEZ-Interval RDEZ-Race Day REZ-Recovery	AI – Aerobic Interval TI – Threshold Interval HII – High Intensity Interval	1 12:00-12:45pm KB EEZ	2 5:45-6:45 a.m.AS IEZ	3 7:30-8:30am JM SEZ
4	5 5:45-6:45 a.m.AS SEZ	6 6:45-7:45am AS EEZ 10:15-11:00am AS IEZ 5:30-6:30pm AS EEZ	7 5:45-6:45 a.m.AS IEZ	8 12:00-12:45pm KB SEZ	9 5:45-6:45 a.m.AS EEZ	10 7:30-8:30am AS AI
11	12 5:45-6:45 a.m.AS IEZ	13 6:45-7:45am AS SEZ 10:15-11:00am AR EEZ 5:30-6:30pm AS SEZ	14 5:45-6:45 a.m.AS EEZ	15 7:00-7:45 a.m. AR SEZ 12:00-12:45pm AR IEZ	16 5:45-6:45 a.m.AS SEZ	17 7:30-8:30am AR TI
18	19 5:45-6:45 a.m.AS EEZ	20 6:45-7:45am AS IEZ 10:15-11:00am AR SEZ 5:30-6:30pm AS IEZ	21 5:45-6:45 a.m.AS SEZ	22 T-Day Ride 7:30-9:30am 	23 7:00-8:00 a.m.AS IEZ	24 7:30-8:30am AR HII
25	26 5:45-6:45 a.m.AS SEZ	27 6:45-7:45am AS EEZ 10:15-11:00am AR IEZ 5:30-6:30pm AS EEZ	28 5:45-6:45 a.m.AS IEZ	29 7:00-7:45 a.m. AR IEZ 12:00-12:45pm AR EEZ	30 5:45-6:45 a.m.AS EEZ	

2018