

CycleLife Coached CompuTrainer Class Schedule: Fall 2010 – Spring 2011

THE FOUNDATION												THE HOLIDAYS	
Week of Monday	10/11	10/18	10/25	11/01	11/08	11/15	11/22	11/29	12/06	12/13	12/20	12/27	
Week#	1	2	3	4	5	6	7	8	9	10	1	2	
Monday	6:30PM - 7:30PM	✓	✓	Testing	✓	✓	✓	✓	✓	✓	No Class	No Class	
Tuesday	6:30AM - 7:30AM	✓	✓	Testing	✓	✓	✓	✓	✓	✓	✓	✓	
	12:00PM - 1:00PM	✓	✓	Testing	✓	✓	✓	✓	✓	✓	No Class	No Class	
Wednesday	6:30PM - 7:30PM	✓	✓	Testing	✓	✓	✓	✓	✓	✓	✓	✓	
	6:30PM - 7:30PM	✓	✓	Testing	✓	✓	✓	✓	✓	✓	✓	✓	
Thursday	6:30AM - 7:30AM	✓	✓	✓	✓	✓	No Class	✓	✓	Testing	No Class	✓	
	12:00PM - 1:00PM	✓	✓	✓	✓	✓	No Class	✓	✓	Testing	No Class	No Class	
	6:30PM - 7:30PM	✓	✓	✓	✓	✓	No Class	✓	✓	Testing	No Class	✓	

✓ = Scheduled Class Testing = Threshold Test z

KICK START AND RACE PREP											
Week of Monday	01/03	01/10	01/17	01/24	01/31	02/07	02/14	02/21	02/28	03/07	
Week#	1	2	3	4	5	6	7	8	9	10	
Monday	6:30PM - 7:30PM	✓	✓	Testing	✓	✓	✓	✓	✓	✓	
Tuesday	6:30AM - 7:30AM	✓	✓	Testing	✓	✓	✓	✓	✓	✓	
	12:00PM - 1:00PM	✓	✓	Testing	✓	✓	✓	✓	✓	✓	
Wednesday	6:30PM - 7:30PM	✓	✓	Testing	✓	✓	✓	✓	✓	✓	
	6:30PM - 7:30PM	✓	✓	Testing	✓	✓	✓	✓	✓	✓	
Thursday	6:30AM - 7:30AM	✓	✓	✓	✓	✓	✓	✓	✓	Testing	
	12:00PM - 1:00PM	✓	✓	✓	✓	✓	✓	✓	✓	Testing	
	6:30PM - 7:30PM	✓	✓	✓	✓	✓	✓	✓	✓	Testing	

SINGLE CLASS
\$30
INTRO WEEK
\$30
10-PACK
\$200

**CYCLELIFE
MOTIVATOR**
 2 10-Packs
 2 Bod Pod Tests
 Coaching Consultation
Just \$450!

**The Foundation
10/11 – 12/16**

- ✓ Improve pedaling technique
- ✓ Build aerobic base
- ✓ Medium intensity intervals
- ✓ Burn Calories
- ✓ Prepare for higher intensity work

**Kick Start and Race Prep
1/3 – 3/10**

- ✓ Raise threshold power
- ✓ Increase VO2 Max
- ✓ Improve fatigue resistance
- ✓ Muscular endurance
- ✓ Early race preparation

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