



TARGETTRAINING Group Instruction Fall Schedule As Of 11/9/11

Indoor Program - Westport & Greenwich

(Sessions in Green boxes are conducted both at TT Greenwich and at TT Westport/Sessions in Yellow are conducted only in Greenwich)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM TARGETide Indoor Swim Session (Norwalk High School)	5:45AM TARGETorque/Tri Indoor Cycling Session	4:45 AM TARGETorque Indoor Cycling Session	5:45AM TARGETorque/Tri Indoor Cycling/Duathlon Session	6:00AM TARGETide Indoor Swim Session (Norwalk High School)	6:00AM TARGETorque Indoor Cycling Session	7:00AM TARGETorque Indoor Cycling Session
6:00AM TARGETough Strength Session	6:00AM TARGETread Indoor Run Treadmill Session	6:00AM TARGETorque Indoor Cycling Hill Session	7:30AM TARGETorque Indoor Cycling/Duathlon Session		8:00AM TARGETorque Indoor Cycling Session	9:00AM TARGETorque Indoor Cycling Session
9:00AM TARGETburn General Fitness Session	7:30AM TARGETorque Indoor Cycling Session	6:00AM TARGETough Strength Session	9:00AM TARGETorque Indoor Cycling Session	8:30AM TARGETorque Indoor Cycling Session	10:00AM TARGETorque Indoor Cycling Session	12:00PM-3:00PM TARGETorque Open Indoor Cycling Session (non staffed)
10:00AM TARGETrecover Active Recovery Session	9:00AM TARGETorque Indoor Cycling	8:30AM TARGETorque Indoor Cycling + Stretching/Core Strength Session	10:30AM TARGETread Indoor Run Treadmill Session	9:00AM TARGETburn General Fitness Session	12:00PM-4:00PM TARGETorque Open Indoor Cycling Session (non staffed)	
4:00PM TARGETeen Core/Strength Session	4:00PM TARGETyouth/ Teen Endurance Session	10:00AM TARGETyoga Performance Toga	4:00PM TARGETyouth/ Teen General Fitness Session	10:00AM TARGETrecover Active Recovery Session		
5:30PM TARGETough Strength Session	5:30PM TARGETorque/Tri Indoor Cycling Session	6:00PM TARGETorque Indoor Cycling Hill Session	5:30PM TARGETorque/Tri Indoor Cycling/Duathlon Session	12:00PM-6:00PM TARGETorque Open Indoor Cycling Session (non staffed)		2:30PM TARGETide Indoor Swim Session (Staples High School)
6:00PM TARGETorque Indoor Cycling Recovery Ride + Stretching/Core	6:30PM TARGETread Indoor Run Treadmill Session	7:00PM TARGETyoga Performance Toga				
7:30PM TARGETide Indoor Swim Session (Staples High School)	7:30PM TARGETorque Indoor Cycling Session	7:00PM TARGETough Strength Session	7:30PM TARGETorque Indoor Cycling/Duathlon Session			
		7:30PM TARGETide Indoor Swim Session (Staples High School)				
ENDURANCE, RECOVERY & STRENGTH	HIGH INTENSITY	HILLS & STRENGTH	HIGH INTENSITY	RECOVERY & STRENGTH	ENDURANCE & GROUP SKILLS	ENDURANCE & SOCIAL



TARGETTRAINING Group Instruction
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Outdoor Program - Westport & Greenwich

(Sessions in Green boxes are conducted both at TT Greenwich and at TT Westport)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:00AM TARGETour Outdoor Cycling Group Ride (Black/Blue)	8:00AM TARGETrail Outdoor Trail Group Run
		9:00AM TARGETBurn Outdoor Boot Camp			8:15AM TARGETour Outdoor Cycling Group Ride (Green)	9:00 AM TARGETour Outdoor Breakfast Ride Member Led (Blue/Green)
	10:30AM TARGETread Outdoor Run Hill Session			11:00AM TARGETread Outdoor Run Training		
ENDURANCE, RECOVERY & STRENGTH	HIGH INTENSITY	HILLS & STRENGTH	HIGH INTENSITY	RECOVERY & STRENGTH	ENDURANCE & GROUP SKILLS	ENDURANCE & SOCIAL

TARGETTRAINING Group Instruction

(All sessions start out of TT Westport/Greenwich locations unless otherwise noted)

Indoors

- **TARGETBurn** = These are rigorous circuit workouts that are for all around fitness. These sessions incorporate a combination of functional strength, power, and agility drills and obstacle course-type efforts.
- **TARGETide** = Indoor swim sessions conducted by the best swim instructors and athletes in Fairfield County.
- **TARGETorque** = Cycling. All indoor cycling sessions are led by a cycling coach. These classes leverage group dynamics to inspire performance, but are also tailored to each individual. We utilize power meters, cadence sensors, speedometers, odometers, time and heart rate monitors to measure your efforts throughout the session. We will put you on virtual courses (e.g., riding up the French Alps) or on a series of intervals. As in all our endurance classes, we take into account preordination strategies and will customize a particular session to focus on which phase of training an athlete is in (base, build, speed, transition). These are great 1+ hour classes.
- **TARGETough** = These are strength training sessions specifically designed to work the full body to improve muscular strength and endurance.
- **TARGETread** = Whether it is a summer speed track session, an indoor treadmill interval run, or fall trail run, you will hit your stride with these highly structured run sessions.
- **TARGETRecover** = These active recovery classes help you rebuild from your weekly training sessions with focused stretching, roller and ball muscle massage + stimulus with some select core strength work. These are the same methods used by TARGETTRAINING coaches to help refine their fitness!
- **TARGETeen/Youth** = Introduce exercise to your child or add another dimension of fitness to your athletic son or daughter in these general fitness classes that focus on endurance, plyometrics, and core strengthening.
- **Programmed Session** = TARGETTRAINING Coaches will get you set up for an indoor pre programmed training session for you to train on your time schedule. We do the planning and prepping, so you can focus on your training.

Outdoors

- **TARGETour** = The outdoor version of our cycling program. These sessions are highly structured and accommodate all levels of cycling experience.
 - **Black Rider** = Eligible to do TT's fastest rides. For fast paced rides, the rule is very much "If u can hang u should come!" Instructor approval required. This is to make fast riders even faster! Power to weight ratio ("PtW") ≥ 3.5 . If you ride, you will be challenged. Advanced skills and fitness drills will be emphasized.
 - **Blue Rider** = Intermediate; Eligible to do TT's moderate difficulty level rides. TT ride leaders will be keeping the pace of the ride controlled and the atmosphere more social/interactive. While the ride emphasize fitness drills and appropriate group skills, these rides will also emphasize a more social atmosphere. This ride is appropriate for those with PtW of 2.5-3.5.
 - **Green Rider** = Beginner and lower intermediate rider. Will be eligible to do TT's slower paced rides. These rides will focus on basic road skills and safety and fitness improvement. Smiling and talking allowed! PtW of 1.5-2.5.
 - **Orange Rider** = True beginner rider. These are riders who wish to get comfortable riding outdoors and are only eligible to do personal training rides or to do TT's special **Orange** ride. The focus will be basic skills/safety rather and basic bicycle fitness. The goal will be to move from **Orange to Green** in a 4 week period.
- **TARGETerrain** = The off road offering of our cycling programming that takes advantage of our great local parks systems. We will help you develop mountain bike and cyclocross skills all while getting in a great cardio workout.
- **Outdoor Boot Camp** = This is our outdoor version of our Burn classes to "bring out the athlete in you". Get strength, agility, aerobic and anaerobic workout in one concentrated session while enjoying the great outdoors.
- **TARGETide** = Outdoor swims will accommodate all abilities and will be 30-60 minutes of endurance and interval swimming.
- **TT Skill Safety Score** = A score will be assigned to each rider who trains in a TT session by the TT staff. This along with a client's PtW will determine what riding group a person will be assigned.