

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	<p>Cycling 1hr</p> <p>Ride at a steady pace, without getting out of breath. Pedal at 80-85rpm.</p> <p><i>Workout a flattish route to use over the next few rides. Maintain a steady pedalling rhythm</i></p>	REST DAY	<p>Cycling 1hr</p> <p>Steady ride, without getting out of breath. Pedal at 85-90rpm.</p> <p><i>Use the same route as Monday. Change to a lower gear if necessary to maintain rpm. Treat your pedals like a treadle not a treadmill</i></p>	<p>REST DAY</p> <p>Try a few gentle stretching exercises</p>	REST DAY	<p>Cycling 1hr</p> <p>Steady paced ride - try not to get out of breath. Pedal at 90-95rpm.</p> <p><i>Introduce a few harder exertions so as to feel different levels of effort.</i></p>	<p>Cycling 1hr</p> <p>Another steady paced ride, as Saturday. Pedal at 90-95rpm.</p> <p><i>Ride with a friends that you can chat while cycling. Try to involve someone of similar ability and ride together - Don't race</i></p>
Week 2	<p>REST DAY</p> <p>Perform some stretching exercises</p> <p><i>Take the opportunity to clean and check your bike</i></p>	<p>Cycling 1hr</p> <p>Ride at a steady pace. You should be able to chat while riding - don't get out of breath. Keep the pedals turning at 90-95rpm</p> <p><i>Consider how your riding compares to last week.</i></p>	REST DAY	<p>Cycling 1hr</p> <p>Ride at a steady pace for 20mins at 90-95rpm, then briskly for 5mins at 110rpm. Ease off for 10mins at 80rpm, before another 5mins brisk. Warm down for 20mins at 90rpm.</p> <p><i>Brisk efforts will help with anaerobic fitness</i></p>	<p>REST DAY</p> <p>Perform some stretching exercises</p>	<p>Cycling 1.5hr</p> <p>Ride at steady pace at 90-95rpm, try not to get out of breath.</p> <p><i>Try to exert yourself a few times so as to feel different levels of effort.</i></p>	<p>Cycling 2hr</p> <p>A stead paced ride at 90-95rpm with company</p> <p><i>Keep the cadence high and maintain effort up and down any hills. Pedal over the top of hills</i></p>
Week 3	<p>REST DAY</p> <p><i>This week initiate your rest and recovery routine. Start to rest and refuel straight away after each training session</i></p>	<p>Cycling 1hr</p> <p>Steady pace, at 90-95rpm</p> <p><i>If pedalling seems difficult, think of using your pedals like a treadle machine and not like a treadmill</i></p>	REST DAY	<p>Cycling 1hr</p> <p>Steady pace at 90-95rpm. Include 15mins at brisk pace of 100-110rpm in the last half hour. Important to warm down for the last 15mins.</p> <p><i>Concentrate on keeping your cadence smooth</i></p>	<p>REST DAY</p> <p>Check over you bike for the weekend rides(tyres, brake and gear cables, chain etc.)</p>	<p>Cycling 1.5hr</p> <p>Steady pace at 90-95rpm. Include three blocks of 5mins alternating 15secs hard, and 45secs easy</p> <p><i>Stay seated and aim for a cadence of 120rpm in hard sections. Remember your recovery routine</i></p>	<p>Cycling 2.5hr</p> <p>Steady Pace at 90-95rpm</p> <p><i>Keep the cadence high and maintain effort even throughout the ride. Try to ride with a group or a club for a bit of fun</i></p>
Week 4	REST DAY	<p>Cycling 1hr</p> <p>Enjoy a relaxing easy ride but avoid freewheeling</p> <p><i>Avoid the temptation to ride at any intensity; remember to pedal smoothly</i></p>	REST DAY	<p>Cycling 1hr</p> <p>Steady pace at 90-95rpm. Include 15mins at brisk pace of 100-110rpm in the last half hour. Important to warm down for the last 15mins.</p> <p><i>Concentrate on keeping your cadence smooth</i></p>	<p>REST DAY</p> <p>Perform some stretching exercises</p>	<p>Cycling 1.5hr</p> <p>Easy ride, relax and enjoy, as on Tuesday.</p> <p><i>Take some time to look over you bike, kit, shoes and equipment for signs of wear and or damage.</i></p>	<p>Cycling 2.5hr</p> <p>Easy ride in company, relax and enjoy.</p> <p><i>Ride with a club or group, enjoy a short tea stop.</i></p>