



**6 WEEK**

# TRAINING PLAN FOR BEGINNERS

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**WEEK 1**



**WEEK 2**



**WEEK 3**

**WEEK 4**




**WEEK 5**



**WEEK 6**

# GET YOUR WHEELS SPINNING

FREQUENCY: 1-3 sessions

 40 min

TERRAIN

Flat to gently undulating

DURATION	INTENSITY	WHAT TO DO
5 min	Zone 1-2	Warm up
5 min	Zone 2	Steady effort
3 min	Zone 3	Go hard
2 min	Zone 1	Back down to easy
Repeat sequence 3 times total		
5 min	—	Finish at the pace of your choice

TIP


If you’re already riding longer than 40 minutes, extend the beginning or end of your ride, or add another interval sequence.

BENEFITS

This workout helps you control your effort on rides and gain confidence in basic bike handling.

# ZONE 2 RIDE

FREQUENCY: 2-3 sessions

 30-45 min

DURATION	INTENSITY	WHAT TO DO
30-45 min	Zone 2	Conversational effort to build endurance

# PUT THE PEDALS DOWN

FREQUENCY: 1-3 sessions

 45-50 min

TERRAIN

Flat to gently undulating

DURATION	INTENSITY	WHAT TO DO
5 min	Zone 1-2	Warm up
5 min	Zone 2	Pedal briskly in a comfortable gear
5 min	Zone 2	Pedal strongly in a higher (harder) gear
2 min	Zone 3	Pedal very fast in a lower (easier) gear
2 min	Zone 1-2	Pedal briskly in a comfortable gear

Repeat sequence 3 times total

3-5 min	—	Finish at the pace of your choice
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BENEFITS

This workout helps you gain confidence using your gears to control your pedaling cadence and effort, so you'll feel more comfortable tackling longer rides. For more experienced riders, pushing against bigger gears and spinning rapidly in smaller ones helps you gain strength by working different muscle groups.

# ZONE 2 RIDE

FREQUENCY: 2-3 sessions

 30-45 min

DURATION	INTENSITY	WHAT TO DO
30-45 min	Zone 2	Conversational effort to build endurance

# TURN THE CORNER

FREQUENCY: 1-3 sessions

 45-50 min

TERRAIN

Flat to undulating


DURATION	INTENSITY	WHAT TO DO
5 min	Zone 1-2	Warm up
15 min	Zone 2	Pedal briskly; focus on coasting through turns smoothly
10 min	Zone 2-3	Increase effort; pedal out of any corners and turns, concentrating on maintaining your effort with minimal coasting
15 min	Zone 2	Back to brisk; keep corners and turns smooth
15 min	—	Finish at the pace of your choice

BENEFITS

This workout emphasizes bike-handling skills and pedaling at a smooth and steady pace.

# ZONE 2 RIDE

FREQUENCY: 2-3 sessions

 45-60 min

DURATION	INTENSITY	WHAT TO DO
45-60 min	Zone 2	Conversational effort to build endurance



# » INTO THE SPIN CYCLE

FREQUENCY: 1-3 sessions

 45 min

TERRAIN

Flat to undulating

DURATION	INTENSITY	WHAT TO DO
5 min	Zone 1-2	Warm up
1 min	Zone 2-3	Speed up to 90-100 rpm (can shift to easier gear)
2 min	Zone 2	Pedal at your normal speed
1 min	Zone 3	Pedal fast (aim for more than 100 rpm)

Repeat sequence 2 times total

10 min	Zone 2	Pedal slightly faster than normal speed
15-20 min	Zone 1	Finish with easy pedaling going home

TIP

Don't sacrifice proper form during the sequence of this workout. If you start rocking at the hips or flailing at the knees, lower your cadence until you're in control, then try again.

BENEFITS

At first it may feel unnatural to ride at 90 to 100 rpm, but before long you'll notice that a cadence above 80 feels like less work, which is helpful for longer rides. This workout makes those higher-rpm efforts more comfortable and teaches you to use cadence to control your effort.

# » ZONE 2 RIDE

FREQUENCY: 2-3 sessions

 45-60 min

DURATION	INTENSITY	WHAT TO DO
45-60 min	Zone 2	Conversational effort to build endurance

# EXPAND YOUR HORIZONS

FREQUENCY: 1-3 sessions

 55-60 min

TERRAIN

Flat to gently undulating

DURATION	INTENSITY	WHAT TO DO
5 min	Zone 1-2	Warm up
10 min	Zone 2	Increase pace and intensity
10 min	Zone 3	Increase pace and intensity to tempo
2-5 min	Zone 1-2	Ease back on the intensity
10 min	Zone 3	Increase pace and intensity to tempo
15-20 min	Zone 1	Ease back and finish with light pedaling

BENEFITS

This workout conditions your lungs and legs to withstand the challenges of maintaining a steady effort and gets you ready to meet the demands of longer, harder rides.

# ZONE 2 RIDE

FREQUENCY: 2-3 sessions

 60-75 min

DURATION	INTENSITY	WHAT TO DO
60-75 min	Zone 2	Conversational effort to build endurance

# GO ABOVE AND BEYOND

FREQUENCY: 1-3 sessions

 45-50 min

TERRAIN

Undulating terrain preferably with a moderate hill

DURATION	INTENSITY	WHAT TO DO
5 min	Zone 1-2	Warm up
15 min	Zone 2	Pedal briskly
30-60 sec	Zone 2-3	Shift and stand
2 min	Zone 2	Sit and pedal

Repeat sequence 6 times total

15 min	Zone 2	Pedal briskly
3-5 min	—	Finish at the pace of your choice

BENEFITS

Standing gives your legs a break and helps you up steep hills because you’re putting all your weight into your pedals—but it also raises your heart rate because your upper body has to work harder to support your torso and keep you balanced. This workout will boost your fitness and riding skills.

# ZONE 2 RIDE

FREQUENCY: 2-3 sessions

 60-75 min

DURATION	INTENSITY	WHAT TO DO
60-75 min	Zone 2	Conversational effort to build endurance