

Beginners Cycling Training Schedule

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 hour long ride	rest	45 minutes including hills session 1 (3 minutes by 6)	rest	45 minutes easy	rest	45 minutes easy
2	2 hour long ride	rest	45 minutes including intervals 30/30 for 10 minutes	rest	60 minutes easy	rest	45 minutes easy
3	2.5 hour long ride	rest	60 minutes including hills session 2	rest	45 minutes including intervals 30/30 for 15 minutes	rest	50 minutes easy
4	2 hour long ride	rest	45 minutes including hills session 1 (3 minutes by 6)	rest	45 minutes easy	rest	45 minutes easy
5	2.5 hour long ride	rest	60 minutes including hills session 2	rest	45 minutes steady	rest	50 minutes easy
6	2.5 hour long ride	rest	60 minutes including hills session 1 (3 minutes x 7)	rest	60 minutes including intervals 5x5	rest	60 minutes easy
7	3 hour long ride	rest	60 minutes including 20 minutes of 30/30	rest	60 minutes including intervals 5x5	rest	60 minutes easy
8	3.5 hour long ride	rest	60 minutes including hills session 1 (4 minutes by 6)	rest	60 minutes steady	rest	50 minutes easy
9	2.5 hour long ride	rest	60 minutes including 5x5	rest	45 minutes easy	rest	45 minutes easy
10	2 hour long ride	rest	60 minutes including 15 minutes of 30/30	rest	45 minutes easy	rest	Event Day