

## **15 Week Beginners Training Schedule**

Below is a basic training plan that will take you from a minimum level of fitness to being able to complete the Cycle event.

All of the sessions below are based on time rather than distance this means that you can take the sessions at your own speed depending on your level of fitness. If you still find the sessions too hard, please progress through the program at your own pace. Equally if this is too easy feel free to add more sessions or do longer rides than is included on the sessions

Please be advised this is only a guideline, bike sessions can be transferred for any other aerobic exercise as mentioned in the training plan. Please be aware however that not all aerobic exercise is equal in intensity, for example a 2hr bike ride would be roughly equivalent to a 45min run.

Group Ride. In the programme I will suggest that some of the rides you do are in a group. Try and find a group of similar ability cyclists/friends to ride with, for suggestions or groups to join ask your local cycle or triathlon club however before leaving on a ride remember to check what standard the group is and how far they are going. Cycling in a group is great practice for the event and gets you used to riding in close contact with other cyclists, you will also learn cycling etiquette and it will encourage you to corner and brake smoothly at the same speed as everyone else.

If joining this program at less than 12 weeks, please be sensible about where you join. This program is designed to build your fitness gradually, so be careful not to jump straight into the middle of the program and do too much too quickly.

It is advisable to consult your doctor before embarking on any training schedule, and please seek assistance from a professional if you have difficulty with any of the Schedule.

Remember, this is all part of the challenge, the more you do now the easier it will be on the day. Enjoy.

**Week 1**

Day	Time	Session
Monday		Make sure your bike and all your equipment is ready. Go to a bike shop to check things over if you are not sure.
Tuesday	00:30	Cycle. Work out a route that you can cycle to work or a route that you can cycle when you get home from work. If you have not ridden for a while, get used to your bike and the gears.
Wednesday		Day Off
Thursday	00:30	Gym / Fitness class to help build strong core muscles.*
Friday		Day Off
Saturday	00:45	Initial Fitness test. Find a circuit (approximately 5 miles and traffic free if possible) with no traffic lights and only left hand junctions. After 10 to 15 minutes easy riding as a warm up, ride this circuit as fast as possible. Record you time as this will enable you to track your progress. When finished do a 5 to 10 minute warm down of easy riding.
Sunday		Day Off

*\* Core muscles allow good posture and help prevent injuries by giving you the strength to hold your body together while exercising.*

**Week 2**

Day	Time	Session
Monday		Day Off
Tuesday	00:30	Cycle.
Wednesday		Day Off
Thursday	00:30	Gym / Fitness class
Friday		Day Off
Saturday	00:45	Cycle. Get used to using your cycle computer to work out how fast you are cycling. Remember by the event you will need to cycle at least an average of 12mph for the entire event.
Sunday		Day Off

**Week 3**

Day	Time	Session
Monday		Day Off
Tuesday	00:30	Walk or other easy exercise.
Wednesday		Day Off
Thursday	00:45	Gym / Fitness class
Friday		Day Off
Saturday	1:15	Cycle. Practise drinking while cycling, it is good to get used to carrying 2 water bottles and using them all the time.
Sunday		Day Off

**Week 4**

Day	Time	Session
Monday		Day Off
Tuesday	00:45	Cycle
Wednesday		Day Off
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:00	Cycle.
Sunday	01:00	Cycle or other aerobic exercise.

**Week 5**

Day	Time	Session
Monday		Day Off
Tuesday	00:45	Cycle.
Wednesday		Day Off
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:00	Cycle
Sunday	01:30	Cycle

**Week 6**

Day	Time	Session
Monday		Day Off
Tuesday	00:30	Cycle.
Wednesday	00:30	Cycle or other aerobic exercise.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	00:45	Fitness test. Using the same circuit as Week 1, after 10 to 15 minutes easy riding as a warm up, ride this circuit as fast as possible. Record your time and compare your progress to when you started. When finished do a 10 to 15 minute warm down of easy riding.
Sunday	01:00	Cycle.

**Week 7**

Day	Time	Session
Monday		Day Off
Tuesday	00:45	Cycle
Wednesday	00:30	Walk
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:30	Cycle. Try to find a route that takes you over some hills. You will have to cycle over hills on the event so it is good to practise.

Sunday	01:00	Cycle. Group ride see notes at beginning.
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**Week 8**

Day	Time	Session
Monday		Day Off
Tuesday	00:45	Cycle.
Wednesday	00:45	Cycle
Thursday		
Friday		Day Off
Saturday	01:00	Cycle or other aerobic exercise
Sunday	01:45	Cycle. Group ride.

**Week 9**

Day	Time	Session
Monday		Day Off
Tuesday		Day Off
Wednesday	00:45	Cycle.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	00:45	Cycle.
Sunday	02:30	Cycle. Group ride. This is a long ride so remember to take lots of fluids and some food with you

**Week 10**

Day	Time	Session
Monday		Day Off
Tuesday	01:00	Cycle.
Wednesday		Day Off
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:30	Cycle, use a hilly route again.
Sunday		Day Off

**Week 11**

Day	Time	Session
Monday		Day Off
Tuesday		Day Off
Wednesday	01:15	Cycle using a hilly route.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:30	Cycle.
Sunday	01:45	Cycle. Group ride.

**Week 12**

Day	Time	Session
Monday		Day Off
Tuesday	01:00	Cycle using a hilly route.
Wednesday	01:00	Cycle
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	03:00	Cycle, use a hilly route. Group ride.
Sunday		Day Off

**Week 13**

Day	Time	Session
Monday		Day Off
Tuesday		Day Off
Wednesday	01:45	Cycle.
Thursday		Day Off
Friday	01:00	Cycle
Saturday	02:30	Cycle, use a hilly route
Sunday	02:00	Cycle. Group Ride.

**Week 14**

Day	Time	Session
Monday		Day Off
Tuesday	01:15	Cycle
Wednesday		Day Off
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday		Day Off / Give you're bike a service and a clean
Sunday	04:00	Cycle. Group ride.

**Week 15**

Day	Time	Session
Monday		Day Off
Tuesday	01:00	Cycle
Wednesday		Day Off
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:00	Fitness test. Using the same circuit as Week 1, after 15 minutes easy riding as a warm up, ride this circuit as fast as possible. Record your time to compare your progress to week 1 and week 6. When finished do a 15 minute warm down of easy riding.
Sunday	01:30	Cycle



**Event Week**

Day	Time	Session
Monday		Day Off
Tuesday	01:00	Easy cycle.
Wednesday		Day Off / Pack your bike
Thursday		<b>Start Day</b>
Friday		
Saturday		
Sunday		