

BEGINNERS CYCLING PROGRAM - WEEK 1

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR	FLEXIBLE DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		30 - 60mins	1hr			1hr 10mins	1hr 15mins
INTENSITY			Low			Med-High	Low
SESSION DETAILS	<p>Rest days are an important part of your training. You only get stronger if you get some recovery. Try to eat and drink well today and not do too much.</p>	<p>Bonus session – This is not an essential session; add it to your training if you have the time. Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or a fitness class. Remember to start all new activities slowly, don't overdo it.</p>	<p>A steady road ride with some harder efforts every 15 mins. Cadence: 80+ rpm Zones: If you already know your Heart Rate Zones (HRZ) then Zone 1-2. You can also do this ride on feel – you should be able to talk in full sentences between breaths. Include: 1 x 6-second maximum effort (ride as hard as you can) at 15, 30 and 45 mins.</p>	<p>You will probably have to adapt your training schedule around your work and family life. Leaving today blank will give more flexibility for this.</p>	<p>Today's Rest Day is especially important as you've got a full weekend of cycling.</p>	<p>Cadence: 80+ rpm Zones: If you already know your Heart Rate Zones (HRZ) then Zone 1-2. You can also do this ride on feel – you should be able to talk in full sentences between breaths. Include: 1 x 1-min at 90+ rpm at 15, 30, 45 and 60 mins.</p>	<p>Cadence: 80+ rpm Zones: If you already know your Heart Rate Zones (HRZ) then Zone 1-2. You can also do this ride on feel – you should be able to talk in full sentences between breaths. Include: 1 x 1-min at 90+ rpm at 15, 30, 45 and 60 mins.</p>
FOCUS OF THE SESSION			<p>Smooth, consistent pedalling. – Keep the upper body as stable as possible, try and limit the movement in the upper body. – Make sure the feet are placed correctly on the pedal. The pedals should be placed on the balls of the feet</p>			<p>Pedalling smooth, even circles. —Try and keep pressure on each pedal for as long as possible, not just on the downstroke.</p>	<p>Pedalling smooth, even circles. —Try and keep pressure on each pedal for as long as possible, not just on the downstroke.</p>

BEGINNERS CYCLING PROGRAM - WEEK 2

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	FLEXIBLE DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		30 - 60mins	1hr (or 50mins indoors)			1hr 10mins	1hr 15mins
INTENSITY			Low			Med-High	Low
SESSION DETAILS	<p>Rest days are an important part of your training. You only get stronger if you get some recovery.</p> <p>Try to eat and drink well today and not do too much.</p>	<p>Bonus session – This is not an essential session; add it to your training if you have the time.</p> <p>Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or a fitness class.</p> <p>Remember to start all new activities slowly, don't overdo it.</p>	<p>Warm-Up: This will form the first 15 mins or so of your session.</p> <p>Cadence: 85+ rpm</p> <p>Zones: Heart Rate Zone 1-2 (HR Z1-2) except in the sprints.</p> <p>Include:</p> <ul style="list-style-type: none"> —1 x 6 second maximum sprint effort at 15, 25, 35 and 45 mins. —Return to HR Z1-2 between the harder efforts. —A few minutes of easy pedalling to cool down. 	<p>You will probably have to adapt your training schedule around your work and family life. Leaving today blank will give more flexibility for this.</p>	<p>If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training.</p> <p>Remember though to allocate one rest day over the weekend instead.</p>	<p>A steady road ride with some pedalling drills every 10 mins. Remember to take a drink with you – and to drink it!</p> <p>Cadence: 85+ rpm</p> <p>Zones: Heart Rate Zone 1-2 (HR Z1-2). It's okay to go out of zone at times, just aim for majority of ride in stated zones.</p> <p>Include:</p> <ul style="list-style-type: none"> – 1 x 1-min at 95+ rpm at 15, 25, 35, 45 and 60 mins. – Return to HR Z1-2 between these faster efforts. 	<p>A steady endurance ride. Try to get someone to join you.</p> <p>Remember to take a drink with you – and to drink it</p> <p>Cadence: 85+ rpm</p> <p>Zones: HR Z2 mostly. It is fine if your heart rate goes out of stated zones at times during your rides, just aim to stay within zone for the majority of time.</p> <p>Include: Try to find a group ride or friend that is of a similar ability and speed to yourself to do your longer weekly rides with. If you currently ride out with a group or mountain bike then this ride can continue for now.</p>
FOCUS OF THE SESSION			<p>Body position for the maximum efforts</p> <ul style="list-style-type: none"> —Engage your abdominal muscles to stabilise your hips. —Keep your head and upper body still, remembering to look ahead at all times 			<p>Pedal smooth, even circles.</p> <ul style="list-style-type: none"> —Try and keep pressure on each pedal for as long as possible, not just on the downstroke. 	<p>Group riding techniques:</p> <ul style="list-style-type: none"> —Keep looking forwards, as this will help with balance and maintain the safety of the group. —Communication is vital when riding in a group. <p>Be sure to let others know your intentions and warn those behind of any hazards.</p>

BEGINNERS CYCLING PROGRAM - WEEK 3

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	FLEXIBLE DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		30 - 60mins	1hr (50mins indoors)			1hr 10mins	1hr 15mins
INTENSITY			Low			Med-High	Low
SESSION DETAILS	<p>Rest days are an important part of your training. You only get stronger if you get some recovery. Try to eat and drink well today and not do too much.</p>	<p>Bonus session – This is not an essential session; add it to your training if you have the time. Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or a fitness class. Remember to start all new activities slowly, don't overdo it.</p>	<p>Warm-up: This will form the first 15 mins or so of your session. Cadence: 90+rpm Include: –3 mins high intensity at 15 and 30 mins. –Return to medium pace between these harder efforts. –5 mins of easy pedalling to cool down.</p>	<p>You will probably have to adapt your training schedule around your work and family life. Leaving today blank will give more flexibility for this.</p>	<p>If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training. Remember though to allocate one rest day over the weekend instead.</p>	<p>Hilly ride - find a route if possible with 2 hills that will each take you at least 3 mins to climb. This should feel hard! Your heart rate and breathing will increase significantly on the climbs but don't overdo it. Cadence: 90+ rpm except for climbs, aim for a max cadence of 70rpm. Remain seated on climbs. Include: –20-30mins of riding before you reach the first climb. –Zero your watch or heart rate monitor and attack the climb at the fastest speed you can maintain. –Stop at 3mins and note finish point. –Easy spin to recover before riding on to the 2nd hill. –Repeat the drill on the next hill and again, note finish point. –Easy spin to recover and then continue with ride. –If the hill is shorter than 3 mins, note the time it took to reach the top. –You will use these hills again to measure your improvement.</p>	<p>A steady endurance ride, ideally with some company. Cadence: 85+ rpm Zones: HR Z2 mostly. It is fine if your heart rate goes out of stated zones at times during your rides, just aim to stay within zone for the majority of time. Include: 1 x 5-min moderate intensity effort, 30 mins in to your ride.</p>
FOCUS OF THE SESSION			<p>Smooth pedalling and gear changes. Relaxed position on the bike. –Look forwards at all times, avoid looking down, try to change gear on feel. –Keep pedalling throughout the motion of changing gears.</p>			<p>Maintain a 70+ rpm cadence using good gear selection. Try to remain seated on the climbs for as long as possible.</p>	<p>Selecting a gear that helps you maintain your cadence as the terrain and your effort changes.</p>

BEGINNERS CYCLING PROGRAM - WEEK 4

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	FLEXIBLE DAY	REST DAY	REST DAY	OUTDOOR
DURATION		30 - 60mins	45mins				1hr 30mins
INTENSITY							Low/Med
SESSION DETAILS	Rest days are an important part of your training. You only get stronger if you get some recovery. Try to eat and drink well today and not do too much.	Bonus session – This is not an essential session; add it to your training if you have the time. Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or a fitness class. Remember to start all new activities slowly, don't overdo it.	Bonus session – This is not an essential session; add it to your training if you have the time. Russian Steps session. The gear resistance should be very light. Cadence: Various as stated. Include: —2 mins at 90 rpm —1 mins at 95 rpm —15 secs at 100 rpm —30 secs at 105 rpm —15 secs at 110 rpm —2 mins at 90 rpm Easy spin until the end of the allotted time for this session.	You will probably have to adapt your training schedule around your work and family life. Leaving today blank will give more flexibility for this.	If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training. Remember though to allocate one rest day over the weekend instead.	There is no set session today as this is a recovery week. If you do choose to ride then take it easy; your body will appreciate the rest.	A mixed-zone ride with a focus on balance, coordination and bike-handling. Cadence: 90+ rpm Include: Your favourite route.
FOCUS OF THE SESSION			Smooth pedalling action: –Keep the upper body as stable as possible, there should be limited movement. –If you start to bob in the saddle, slow your cadence and concentrate on engaging your abdominal muscles to stabilise your hips.				Changing hand position. –Changing position on the handlebars from tops to drops until you feel confident. Taking and replacing a bottle without looking down.

BEGINNERS CYCLING PROGRAM - WEEK 5

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR	FLEXIBLE DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		30 - 60mins	1hr (or 45mins indoors)			1hr 30mins	1hr 30mins
INTENSITY			Low/Med			Low/Med	Low/Med
SESSION DETAILS	Rest days are an important part of your training. You only get stronger if you get some recovery. Try to eat and drink well today and not do too much.	Bonus session – This is not an essential session; add it to your training if you have the time. If you have not already identified another activity to take part in, consider introducing some strength and flexibility work to your week. Classes: Pilates, Yoga and Dance are all good for core stability and flexibility.	Cadence: 90+ rpm Include: –4 mins hard/fast pace at 15 & 30 mins. –Return to moderate pace efforts. –5 mins easy pedalling to cool down.	You will probably have to adapt your training schedule around your work and family life. Leaving today blank will give more flexibility for this.	If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training. Remember though to allocate one rest day over the weekend instead.	Hilly ride - ideally use the same hills as week 3, but include an extra climb. This session will feel hard! Your HR and breathing will increase significantly on the climbs but don't overdo it. Cadence: 90+ rpm except for climbs where you should aim for a max cadence of 70 rpm. Include: –20 to 30 mins riding before getting to first climb. –At least 3 climbs that take 2-3 mins each (cadence max of 70 rpm). -Easy spinning between climbs to allow heart rate to drop. –Cool down spin on way home.	This ride can be done on road or mountain biking or with friends or a Club if the pace is suitable. It is important to maintain the sociable element of your cycling especially over the winter months when motivation can be low. Cadence: Ride on feel (any cadence) Include: Your favourite route
FOCUS OF THE SESSION			Maintain the set Heart Rate and Cadence for the whole session.			Gear selection and body position for climbing. —Avoid looking at the gear you are in, change on feel to maintain cadence. —Take a wide relaxed grip on the handlebars, avoid rocking backwards and forwards on the saddle.	Riding in a group. –Keep head looking forward, be aware of potential hazards. –Communicate with the rest of the group by voice and hand signals. Riders that are behind you may not be able to see far in front.

BEGINNERS CYCLING PROGRAM - WEEK 6

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	FLEXIBLE DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		30 - 60mins	1hr (50mins indoors)			1hr 30mins	1hr 30mins - 2hrs
INTENSITY			Low			Med-High	Low/Med
SESSION DETAILS	Rest days are an important part of your training. You only get stronger if you get some recovery. Try to eat and drink well today and not do too much.	Bonus session – This is not an essential session; add it to your training if you have the time. If you have not already identified another activity to take part in, consider introducing some strength and flexibility work to your week. Classes: Pilates, Yoga and Dance are all good for core stability and flexibility.	Cadence: 90+ rpm Zones: Heart rate Zone 1-2 Moderate/Hard pace Include: Select a gear that allows you to maintain the cadence.	You will probably have to adapt your training schedule around your work and family life. Leaving today blank will give more flexibility for this.	If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training. Remember though to allocate one rest day over the weekend instead.	Hilly ride - ideally use the same hills as week 3, but include an extra climb. This session will feel hard! Your HR and breathing will increase significantly on the climbs but don't overdo it. Cadence: 90+ rpm except for climbs where you should aim for a max cadence of 70 rpm. Include: –20 to 30 mins riding before getting to first climb. –At least 4 climbs that take 2-3 mins each (cadence max of 70 rpm). -Easy spinning between climbs to allow heart rate to drop. –Cool down spin on way home.	This ride can be done on road or mountain biking or with friends or a Club if the pace is suitable. It is important to maintain the sociable element of your cycling especially over the winter months when motivation can be low. Cadence: Ride on feel (any cadence) Include: Your favourite route
FOCUS OF THE SESSION			Maintain the set Heart Rate and Cadence for the whole session.			Gear selection and body position for climbing. –Avoid looking at the gear you are in, change on feel to maintain cadence. –Take a wide relaxed grip on the handlebars, avoid rocking backwards and forwards on the saddle.	Riding in a group, riding two abreast. –Keep head looking forward, be aware of potential hazards –When side by side keep handlebars in line and elbows 15-50cm apart from each other – Communicate with the rest of the group by voice and hand signals. Riders that are behind you may not be able to see far in front.

BEGINNERS CYCLING PROGRAM - WEEK 7

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	FLEXIBLE DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		30 - 60mins	1hr (50mins indoors)			1hr 30mins	1hr 30mins - 2hrs
INTENSITY			Med			Low/Med	Low/Med
SESSION DETAILS	Rest days are an important part of your training. You only get stronger if you get some recovery. Try to eat and drink well today and not do too much.	Bonus session – This is not an essential session; add it to your training if you have the time. Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or a fitness class. Remember to start all new activities slowly, don't overdo it.	Cadence: 90+ rpm, cadence may drop initially when recovering from efforts. Try to build it back up to 90+ rpm before next effort. Include: –1x10 min effort at moderate pace at 30 mins. –5 min easy spin. –10 min effort at moderate pace. Include a 10 sec maximum sprint effort every 2 mins (total sprints 5). –Easy spin to cool down until time is up.	You will probably have to adapt your training schedule around your work and family life. Leaving today blank will give more flexibility for this.	If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training. Remember though to allocate one rest day over the weekend instead.	Choose a flat route if possible. Cadence: 90+ rpm except for climbs where you should aim for a maximum cadence of 70 rpm. Moderate pace unless stated otherwise Include: –5 mins at fast pace –10 mins easy spinning to recover.	This ride can be done on road or mountain biking or with friends or a Club if the pace is suitable. It is important to maintain the sociable element of your cycling especially over the winter months when motivation can be low. Cadence: Ride on feel (any cadence) Include: Your favourite route
FOCUS OF THE SESSION			Body position for the sprints. –Engage the core muscles. –Keep the upper body stable and try and maintain form			Use your equipment to help pace your efforts and stay within zones.	Riding in a group. –Keep head looking forward, be aware of potential hazards –Communicate with the rest of the group by voice and hand signals. Riders that are behind you may not be able to see far in front.

BEGINNERS CYCLING PROGRAM - WEEK 8

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	FLEXIBLE DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		30 - 60mins	45mins (or 30mins indoors)			45mins - 1hr	1hr 30 mins
INTENSITY			n/a			Low	Low/Med
SESSION DETAILS	Rest days are an important part of your training. You only get stronger if you get some recovery. Try to eat and drink well today and not do too much.	Bonus session – This is not an essential session; add it to your training if you have the time. Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or a fitness class. Remember to start all new activities slowly, don't overdo it.	Warm-up: A few minutes easy spin to get prepared for the main content. Cadence: Keep the resistance very light to help achieve the high cadence.	You will probably have to adapt your training schedule around your work and family life. Leaving today blank will give more flexibility for this.	If you are unable to get out on Sunday it is fine to swap today's or Saturday's rest day with Sunday's training.	Cadence: 80-100 rpm Include: This is a recovery ride. It should not feel at all hard. Stay in your lowest zone wherever possible and enjoy the scenery. Change cadence frequently but stay in the zone.	This ride can be done on road or mountain biking or with friends or a Club if the pace is suitable. As it is a recovery week, the duration has been reduced Cadence: Ride on feel (any cadence) Include: Your favourite route
FOCUS OF THE SESSION			Pedalling. –Keep the upper body as stable as possible, there should be limited movement. –If you start to bob in the saddle, slow your pedalling cadence and concentrate on engaging your abdominal muscles to stabilise your hips.			Balance and Coordination. Riding one handed. —Relax, sit upright and hold the tops of your handlebars. —Look up and keep an eye out for bumps or holes in the road. —Raise one hand above bars, replace and then repeat with other hand.	Riding in a group. –Keep head looking forward, be aware of potential hazards –Communicate with the rest of the group by voice and hand signals.

BEGINNERS CYCLING PROGRAM - WEEK 9

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	FLEXIBLE DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		30 - 60mins	1hr 30mins (or 1hr indoors)			2hrs (approx)	2hrs +
INTENSITY			Low			Low/Med	Low/Med
SESSION DETAILS	Rest days are an important part of your training. You only get stronger if you get some recovery. Try to eat and drink well today and not do too much.	Bonus session – This is not an essential session; add it to your training if you have the time. If you have not already identified another activity to take part in, consider introducing some strength and flexibility work to your week. Classes: Pilates, Yoga and Dance are all good for core stability and flexibility.	Strength Session Cadence: 90+ rpm except for when standing. Include: –Every 20 mins change to one gear harder and stand up to pedal. Continue standing for 2 mins, aim for a cadence of more than 60 rpm. –When you return to sitting, change to an easier gear to bring cadence back up to 90+ rpm. –Continue to alternate standing and seated pedalling through the whole ride.	You will probably have to adapt your training schedule around your work and family life. Leaving today blank will give more flexibility for this.	If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training. Remember though to allocate one rest day over the weekend instead.	Choose a relatively flat route if possible and ideally some company. Cadence: 90+ rpm Include: –Ride at a pace that feels comfortable, get used to checking what speed (mph) this is on your computer. –Drink regularly even if you do not feel thirsty. –Take a snack to have midway through the ride plus an 'emergency' gel or similar in case you need energy in the final half hour.	This ride can be done on road or mountain biking or with friends or a Club if the pace is suitable. It is important to maintain the sociable element of your cycling especially over the winter months when motivation can be low. Cadence: Ride on feel (any cadence) Include: Your favourite route
FOCUS OF THE SESSION						Cornering. –Take a wide line into the corner, cut the apex and a wide line out. –Look to the exit of the corner. –Keep inside pedal up and weight pushing down on the outside pedal.	Riding in a group. –Keep head looking forward, be aware of potential hazards. –Communicate with the rest of the group by voice and hand signals. Riders that are behind you may not be able to see far in front.

BEGINNERS CYCLING PROGRAM - WEEK 10

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	FLEXIBLE DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		30 - 60mins	1hr 30mins (or 1hr indoors)			2hrs (approx)	2hrs +
INTENSITY			Low			Low/Med	Low/Med
SESSION DETAILS	<p>Rest days are an important part of your training. You only get stronger if you get some recovery. Try to eat and drink well today and not do too much.</p>	<p>Bonus session – This is not an essential session; add it to your training if you have the time.</p> <p>If you have not already identified another activity to take part in, consider introducing some strength and flexibility work to your week.</p> <p>Classes: Pilates, Yoga and Dance are all good for core stability and flexibility.</p>	<p>Strength Session Cadence: 90+ rpm except for when standing. Include: –Every 20 mins change to one gear harder and stand up to pedal. Continue standing for 2 mins, aim for a cadence of more than 60 rpm. –When you return to sitting, change to an easier gear to bring cadence back up to 90+ rpm. –Continue to alternate standing and seated pedalling through the whole ride.</p>	<p>You will probably have to adapt your training schedule around your work and family life. Leaving today blank will give more flexibility for this.</p>	<p>If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training. Remember though to allocate one rest day over the weekend instead.</p>	<p>Use the same route as last week. Cadence: Ideally 90+ rpm Include: –Ride at a pace that feels comfortable, get used to checking what speed (mph) this is on your computer. –Drink regularly even if you don't feel thirsty. –Take a snack to have midway through the ride plus an 'emergency' gel or similar in case you run out of energy in the final half hour.</p>	<p>This ride can be done on road or mountain biking or with friends or a Club if the pace is suitable. It is important to maintain the sociable element of your cycling especially over the winter months when motivation can be low. Cadence: Ride on feel (any cadence) Include: Some sections that you stand up and pedal for.</p>
FOCUS OF THE SESSION			<p>Body position while pedalling standing. –Maintain a firm grip on the handlebars when you stand –Avoid rocking your body and bike from side to side –Choose an easy enough gear to maintain the cadence</p>			<p>Cornering. –Take a wide line into the corner, cut the apex and a wide line out. –Look to the exit of the corner. –Keep inside pedal up and weight pushing down on the outside pedal.</p>	<p>Riding in a group. –Keep head looking forward, be aware of potential hazards. –Communicate with the rest of the group by voice and hand signals. Riders that are behind you may not be able to see far in front.</p>

BEGINNERS CYCLING PROGRAM - WEEK 11

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	FLEXIBLE DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		30 - 60mins	1hr 30mins (or 1hr indoors)			2hrs (approx)	2hrs +
INTENSITY			Low			Low/Med	Low/Med
SESSION DETAILS	<p>Rest days are an important part of your training. You only get stronger if you get some recovery. Try to eat and drink well today and not do too much.</p>	<p>Bonus session – This is not an essential session; add it to your training if you have the time. Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or a fitness class. Remember to start all new activities slowly, don't overdo it.</p>	<p>Strength Session Cadence: 90+ rpm except for when standing. Include: –Every 20 mins change to one gear harder and stand up to pedal. Continue standing for 2 mins, aim for a cadence of more than 60 rpm. –When you return to sitting, change to an easier gear to bring cadence back up to 90+ rpm. –Continue to alternate standing and seated pedalling through the whole ride.</p>	<p>You will probably have to adapt your training schedule around your work and family life. Leaving today blank will give more flexibility for this.</p>	<p>If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training. Remember though to allocate one rest day over the weekend instead.</p>	<p>Use the same route as last week so that you can compare average speed. Use hand warmer sachets if you suffer from cold hands or feet when riding. Cadence: Ideally 90+rpm Include: –Ride at a pace that feels comfortable, get used to checking what speed (mph) this is on your computer. –Drink regularly even if you don't feel thirsty. –Take a snack to have midway through the ride plus an 'emergency' gel or similar in case you run out of energy in the final half hour.</p>	<p>This ride can be done on road or mountain biking or with friends or a Club if the pace is suitable. It is important to maintain the sociable element of your cycling especially over the winter months when motivation can be low. Cadence: Ride on feel (any cadence) Include: A 5 min effort when you stand up and pedal.</p>
FOCUS OF THE SESSION			<p>Body position while pedalling standing. –Maintain a firm grip on the handlebars when you stand –Avoid rocking your body and bike from side to side –Choose an easy enough gear to maintain the cadence</p>			<p>Taking a bottle from the cage: –Hold the brake hoods or tops of your handlebars. –When you take your hand off, be aware of weight distribution to maintain control. –Keep looking ahead when you remove and replace the bottle.</p>	<p>Gear selection. –Look ahead and anticipate the correct gear. –On climbs change gear early enough to maintain your cadence. –Aim for smooth changes up and down by pedalling 'softly' as you select the gear.</p>

BEGINNERS CYCLING PROGRAM - WEEK 12

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SESSION TYPE	REST DAY	CROSS-TRAINING	OUTDOOR/INDOOR	FLEXIBLE DAY	REST DAY	OUTDOOR	OUTDOOR
DURATION		30 - 60mins	30mins			3hrs (approx)	30 - 60mins
INTENSITY						Low/Med	Low
SESSION DETAILS	<p>Rest days are an important part of your training. You only get stronger if you get some recovery. Try to eat and drink well today and not do too much.</p>	<p>Bonus session – This is not an essential session; add it to your training if you have the time.</p> <p>Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or a fitness class.</p> <p>Remember to start all new activities slowly, don't overdo it.</p>	<p>Warm-up: A few minutes easy spin to get prepared for the main content.</p> <p>Cadence: As stated. Keep the resistance very light to help achieve the high cadence.</p> <p>Include:</p> <ul style="list-style-type: none"> —A thorough warm up —A few minutes easy spin to cool down. 	<p>You will probably have to adapt your training schedule around your work and family life.</p> <p>Leaving today blank will give more flexibility for this.</p>	<p>If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training. Remember though to allocate one rest day over the weekend instead.</p>	<p>Do this ride today or Sunday depending on the weather.</p> <p>Cadence: Ideally 90+rpm</p> <p>Include: Be well prepared.</p> <p>Know your route and take sufficient food and drink. It is fine to have a tea and cake stop!</p>	<p>Do this ride on Saturday or today to either prepare for or recover from your big ride. This would be suitable to do with family / children.</p> <p>Cadence: Ride on feel (any cadence)</p> <p>Include: Make sure you drink even though it is only a short ride.</p>
FOCUS OF THE SESSION			<p>Pedalling.</p> <ul style="list-style-type: none"> –Keep the upper body as stable as possible, there should be limited movement. –If you start to bob in the saddle, slow your pedalling cadence and concentrate on engaging your abdominal muscles to stabilise your hips. 			<p>Balance and Coordination.</p> <p>Riding one handed.</p> <ul style="list-style-type: none"> –Relax, sit upright and hold the tops of your handlebars. –Look up and keep an eye out for bumps or holes in the road. –Raise one hand above bars, replace and then repeat with other hand. 	<p>Hand position on the bars.</p> <ul style="list-style-type: none"> –Change hand position from tops to hoods to drops. –Try not to look at bars as you move your hands. –Maintain a straight line as you change position.