

# COUCH TO 20K CYCLING TRAINING PLAN



BikeTips

|   | Monday                      | Tuesday   | Wednesday | Thursday                    | Friday   | Saturday | Sunday             |
|---|-----------------------------|---|-----------|-----------------------------|--|----------|--------------------|
| 1 | Easy Ride<br>3 km           | Easy Ride<br>4 km   | Rest Day  | 20 Min<br>Cross<br>Training | Easy Ride<br>5 km  | Rest Day | Long Ride<br>6 km  |
| 2 | 30 Min<br>Cross<br>Training | 8 Sets of 1<br>Min Fast<br>+<br>1 Min Slow<br>Intervals*  | Rest Day  | Easy Ride<br>8 km           | 5 km Ride<br>at 75%<br>Max Heart<br>Rate*                      | Rest Day | Long Ride<br>10 km |
| 3 | 40 Min<br>Cross<br>Training | 10 Sets of 1<br>Min Fast<br>+<br>1 Min Slow<br>Intervals* | Rest Day  | Easy Ride<br>10 km          | 8 km Ride<br>at 75%<br>Max Heart<br>Rate*                      | Rest Day | Long Ride<br>14 km |
| 4 | 50 Min<br>Cross<br>Training | 10 Sets of<br>90s Fast<br>+<br>1 Min Slow<br>Intervals*   | Rest Day  | Easy Ride<br>15 km          | 2 x 6 km<br>Ride at 75%<br>Max HR<br>(with 1 min<br>interval)* | Rest Day | Long Ride<br>18 km |
| 5 | Easy Ride<br>15 km          | Cycle<br>20k!   |           |                             |  |          |                    |



\* For workouts marked with an asterisk, warm-up and cool-down with 5-minute easy rides before and after the interval training.

- **Walk By Effort, Not Pace** - Don't worry about how fast you're going. Just focus on using effort as your guide.
- **Invest in some Cycling Gear** - Cycling should be fun, but dodgy equipment that keeps letting you down can get in the way.
- **Set a Schedule** - Routine is king. Pick a time of day to get your walking in and stick to it.
- **Plan Your Routes** - Try out new routes to keep your walks fun, motivating, and engaging.
- **Walk with a Friend** - Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- **Fuel Like An Athlete** - Treat your body like the athlete you're becoming!
- **Stay Hydrated!**

Check out the full Couch to 20k Cycling Training Plan (and much more!) at [BikeTips.com](http://BikeTips.com)

**BikeTips**

# Guide To Beginning Cycling

**RJ Alexander**



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