

COUCH TO 20K CYCLING TRAINING PLAN



BikeTips

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

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Table of Contents Guide To Beginning Cycling

1. Understanding the eBook Guide To Beginning Cycling
 - The Rise of Digital Reading Guide To Beginning Cycling
 - Advantages of eBooks Over Traditional Books
2. Identifying Guide To Beginning Cycling
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Guide To Beginning Cycling
 - User-Friendly Interface
4. Exploring eBook Recommendations from Guide To Beginning Cycling

- Personalized Recommendations
- Guide To Beginning Cycling User Reviews and Ratings
- Guide To Beginning Cycling and Bestseller Lists
- 5. Accessing Guide To Beginning Cycling Free and Paid eBooks
 - Guide To Beginning Cycling Public Domain eBooks
 - Guide To Beginning Cycling eBook Subscription Services
 - Guide To Beginning Cycling Budget-Friendly Options
- 6. Navigating Guide To Beginning Cycling eBook Formats
 - ePub, PDF, MOBI, and More
 - Guide To Beginning Cycling Compatibility with Devices
 - Guide To Beginning Cycling Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Guide To Beginning Cycling
 - Highlighting and Note-Taking Guide To Beginning Cycling
 - Interactive Elements Guide To Beginning Cycling
- 8. Staying Engaged with Guide To Beginning Cycling
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Guide To Beginning Cycling
- 9. Balancing eBooks and Physical Books Guide To Beginning Cycling
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Guide To Beginning Cycling
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Guide To Beginning Cycling
 - Setting Reading Goals Guide To Beginning Cycling
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Guide To Beginning Cycling

-
- Fact-Checking eBook Content of Guide To Beginning Cycling
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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