

# 2022 TRAINING PLAN BEGINNER 1



| WEEK | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY  | TOTAL |
|------|----------|--|--|--|---|--|---|-------|
| 1    | REST DAY | <b>AEROBIC RIDE</b><br>Duration: 0:45:00<br>5min @ Z1<br>35min @ Z2<br>5min @ Z2 | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga | <b>AEROBIC RIDE</b><br>Duration: 0:45:00<br>5min @ Z1<br>35min @ Z2<br>5min @ Z2                                 | REST DAY  | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga | <b>ENDURANCE RIDE</b><br>Duration: 1:30:00<br>10min @ Z1<br>1hr 10min @ Z2<br>10min @ Z1  |       |
| 2    | REST DAY | <b>AEROBIC RIDE</b><br>Duration: 1:00:00<br>5min @ Z1<br>50min @ Z2<br>5min @ Z2 | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga | <b>AEROBIC RIDE</b><br>Duration: 1:00:00<br>5min @ Z1<br>50min @ Z2<br>5min @ Z2                                 | REST DAY  | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga | <b>ENDURANCE RIDE</b><br>Duration :1:45:00<br>10min @ Z1<br>1hr 25min @ Z2<br>10min @ Z1  |       |
| 3    | REST DAY | <b>TEMPO RIDE</b><br>Duration: 1:00:00<br>10min @ Z1<br>45min @ Z3<br>5min @ Z1  | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga | <b>AEROBIC RIDE</b><br>Duration: 1:00:00<br>5min @ Z1<br>50min @ Z2<br>5min @ Z2                                 | REST DAY  | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga | <b>ENDURANCE RIDE</b><br>Duration : 2:00:00<br>10min @ Z1<br>1hr 40min @ Z2<br>10min @ Z1 |       |
| 4    | REST DAY | REST DAY   | <b>TEMPO RIDE</b><br>Duration: 1:00:00<br>10min @ Z1<br>45min @ Z3<br>5min @ Z1                                  | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga | <b>TEMPO RIDE</b><br>Duration: 1:00:00<br>10min @ Z1<br>45min @ Z3<br>5min @ Z1 | REST DAY   | <b>ENDURANCE RIDE</b><br>Duration : 2:15:00<br>10min @ Z1<br>1hr 55min @ Z2<br>10min @ Z1 |       |
| 5    | REST DAY | <b>TEMPO RIDE</b><br>Duration: 1:00:00<br>10min @ Z1<br>45min @ Z3<br>5min @ Z1  | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga | <b>TEMPO RIDE</b><br>Duration: 1:00:00<br>10min @ Z1<br>45min @ Z3<br>5min @ Z1                                  | REST DAY  | <b>ENDURANCE RIDE</b><br>Duration :1:30:00<br>10min @ Z1<br>1hr 10min @ Z2<br>10min @ Z1                         | <b>ENDURANCE RIDE</b><br>Duration : 2:15:00<br>1min @ Z1<br>1hr 55min @ Z2<br>10min @ Z1  |       |

# 2022 TRAINING PLAN BEGINNER 2



| WEEK | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   | TOTAL |
|------|----------|---|--|--|---|--|--|-------|
| 6    | REST DAY | <b>AEROBIC RIDE</b><br>Duration: 1:00:00<br>5min @ Z1<br>50min @ Z2   | <b>SWEET SPOT BLOCKS</b><br>Duration: 1:06:00<br>15min @ Z1<br>4x 5min @ sweetspot                               | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga                       | REST DAY  | <b>ENDURANCE RIDE</b><br>Duration: 1:45:00<br>10min @ Z1<br>1hr 25min @ Z2               | <b>ENDURANCE RIDE</b><br>Duration: 2:15:00<br>10min @ Z1<br>1hr 55min @ Z2               |       |
| 7    | REST DAY | <b>HIG CADENCE DRILLS</b><br>Duration 1:05:00<br>15min @ Z1/2<br>8x 1min high cadence @ Z5<br>4min @ Z1<br>10min @ Z1 | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga | <b>SWEET SPOT BLOCKS</b><br>Duration: 1:06:00<br>15min @ Z1<br>4x 5min @ sweetspot<br>7min @ Z1<br>10min @ Z1                          | REST DAY  | <b>ENDURANCE RIDE</b><br>Duration: 2:15:00<br>10min @ Z1<br>1hr 55min @ Z2<br>10min @ Z1 | <b>ENDURANCE RIDE</b><br>Duration: 2:15:00<br>10min @ Z1<br>1hr 55min @ Z2<br>10min @ Z1 |       |
| 8    | REST DAY | REST DAY  | <b>SWEET SPOT BLOCKS</b><br>Duration: 1:18:00<br>15min @ Z1<br>5x 5min @ sweetspot<br>7min @ Z1<br>10min @ Z1    | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga                       | <b>HIGH CADENCE INTERVALS</b><br>Duration 1:05:00<br>15min @ Z1<br>8x 1min high cadence @ Z5<br>4min @ Z1<br>10min @ Z1 | REST DAY   | <b>ENDURANCE RIDE</b><br>Duration: 2:45:00<br>10min @ Z1<br>2hr 25min @ Z2<br>10min @ Z1 |       |
| 9    | REST DAY | <b>SWEET SPOT BLOCKS</b><br>Duration: 1:21:00<br>15min @ Z1<br>4x 8min @ sweetspot<br>8min @ Z1<br>10min @ Z1         | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga | <b>HIGH CADENCE INTERVALS</b><br>Duration 1:15:00<br>15min @ Z1<br>50min inc. 10min @ Z5<br>high cadence<br>4min @ Z1<br>10min @ Z1    | REST DAY  | <b>ENDURANCE RIDE</b><br>Duration: 2:15:00<br>10min @ Z1<br>1hr 55min @ Z2<br>10min @ Z1 | <b>ENDURANCE RIDE</b><br>Duration: 2:45:00<br>10min @ Z1<br>2hr 25hr @ Z2<br>10min @ Z1  |       |
| 10   | REST DAY | <b>SWEETSPOT BLOCKS</b><br>Duration: 1:21:00<br>15min @ Z1<br>4x 8min @ sweetspot<br>8min @ Z1<br>10min @ Z1          | <b>CROSS TRAINING</b><br>Duration: 1:00:00<br>CHOOSE FROM:<br>Gym; circuits; jog/walk;<br>swimming; pilates/yoga | <b>HIGH CADENCE INTERVALS</b><br>Duration 1:15:00<br>10min @ Z1<br>50min inc. 10x 1min<br>high cadence @ Z5<br>4min @ Z1<br>10min @ Z1 | REST DAY  | REST DAY   | <b>ENDURANCE RIDE</b><br>Duration: 3:30:00<br>10min @ Z1<br>3hr 10min @ Z2<br>10min @ Z1 |       |