

2023 TRAINING PLAN BEGINNER 1



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

2023 TRAINING PLAN BEGINNER 2



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