



# 8 Week Beginners Training Schedule

Below is a basic training plan that will take you from a minimum level of fitness to being able to complete your chosen cycle ride.

All of the sessions below are based on time rather than distance. This means that you can take the sessions at your own speed depending on your level of fitness. If you still find the sessions too hard, please progress through the program at your own pace. Equally if this is too easy feel free to add more sessions or do longer rides than included on the sessions.

Please be advised this is only a guide. Bike sessions can be exchanged for any other aerobic exercise as mentioned in the training plan. Please be aware however that not all aerobic exercise is equal in intensity. For example a 2hr bike ride would be roughly equivalent to a 45min run.

**Group Ride.** In the programme we suggest some of the rides you do are in a group. Try and find a group of similar ability to ride with. For suggestions for groups to join ask your local cycle or triathlon club. Check what standard the group is and how far they are going. Cycling in a group is great practice for the event and gets you used to riding in close proximity to other cyclists. You will learn cycling etiquette and it will encourage you to learn basic skills such as how to corner and brake smoothly and at the same speed as everyone else.

Remember on the event you will be cycling for consecutive days so the training schedule is designed to build up to this. Each time you go out, tell someone where you are going, take a mobile phone and basic spares such as a spare tube and a pump. Always take water with you and on the longer rides take easy to digest food that will give you energy such as carbohydrates.

It is advisable to consult your doctor before embarking on any training schedule. Please seek assistance from a professional if you have difficulty with any of the schedule.

Remember, this is all part of the challenge - the more you do now the easier it will be on the day. Enjoy!

## Week 1:

Day	Time	Session
Monday		Make sure your bike and all your equipment are ready. Go to a bike shop to check things over if you are not sure.
Tuesday	00:30	Cycle. Work out a route you can cycle to work or a route you can cycle when you get home from work. If you have not ridden for a while, get used to your bike and the gears.
Wednesday		Day Off
Thursday	00:30	Gym / Fitness class to help build strong core muscles.*
Friday		Day Off
Saturday	00:45	Initial Fitness test. Find a circuit (approximately 5 miles and traffic free if possible) with no traffic lights and only left hand junctions. After 10 to 15 minutes easy riding as a warm up, ride this circuit as fast as possible. Record your time as this will enable you to track your progress. When finished, do a 5 to 10 minute warm down of easy riding.
Sunday		Day Off

\* Core muscles allow good posture and help prevent injuries by giving you the strength to hold your body together while exercising.

## Week 2:

Day	Time	Session
Monday		Day Off
Tuesday	00:30	Walk or other easy exercise.
Wednesday		Day Off
Thursday	00:45	Gym / Fitness class
Friday		Day Off
Saturday	1:00	Cycle. Practise drinking while cycling. It is good to have 2 bottle cages fitted to your bike and to get used to using them all the time.
Sunday		Day Off

## Week 3:

Day	Time	Session
Monday		Day Off
Tuesday	00:45	Cycle.
Wednesday		Day Off
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:00	Cycle
Sunday	01:30	Cycle

## Week 4:

Day	Time	Session
Monday		Day Off
Tuesday	00:45	Cycle
Wednesday	00:30	Walk
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:30	Cycle. Try to find a route that takes you over some hills. You will have to cycle over hills on the event so it is good to practise.
Sunday	01:00	Cycle. Group ride see notes at beginning.

## Week 5:

Day	Time	Session
Monday		Day Off
Tuesday		Day Off
Wednesday	00:45	Cycle.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	00:45	Cycle.
Sunday	02:30	Cycle. Group ride. This is a long ride so remember to take lots of fluids and some food with you

## Week 6:

Day	Time	Session
Monday		Day Off
Tuesday	01:00	Cycle.
Wednesday		Day Off
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	01:30	Cycle, use a hilly route again.
Sunday	02:30	Cycle. Group ride. Try and use a hilly route.

## Week 7:

Day	Time	Session
Monday		Day Off
Tuesday	00:30	Cycle.
Wednesday	00:30	Cycle or other aerobic exercise.
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	00:45	Fitness test. Using the same circuit as Week 1, after 10 to 15 minutes easy riding as a warm up, ride this circuit as fast as possible. Record your time and compare your progress to when you started. When finished do a 10 to 15 minute warm down of easy riding.
Sunday	01:00	Cycle.

## Week 8:

Day	Time	Session
Monday		Day Off
Tuesday	01:00	Cycle using a hilly route.
Wednesday	01:00	Cycle
Thursday	01:00	Gym / Fitness class
Friday		Day Off
Saturday	03:30	Cycle, use a hilly route. Group ride. Remember to take food, water and possibly some money with you.
Sunday		Day Off

## Event week:

Day	Time	Session
Monday		Day Off
Tuesday	01:00	Easy cycle.
Wednesday		Day Off / Check your bike is ready to go
Thursday		
Friday		<b>EVENT DAY</b>
Saturday		<b>EVENT DAY</b>
Sunday		<b>EVENT DAY</b>