

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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Cycling For Success

DJ Losen



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