

# BRITISH CYCLING TRAINING PLANS

## Beginners Week 1: Finding your training zones

| DAY          | MONDAY   | TUESDAY        | WEDNESDAY | THURSDAY     | FRIDAY   | SATURDAY       | SUNDAY       |
|--------------|----------|----------------|-----------|--------------|----------|----------------|--------------|
| SESSION TYPE | REST DAY | CROSS-TRAINING | OUTDOOR   | FLEXIBLE DAY | REST DAY | THRESHOLD TEST | OUTDOOR      |
| DURATION     | -        | 30 - 60 mins   | 1 hr      | -            | -        | 1 hr 10 mins   | 1 hr 15 mins |
| INTENSITY    | -        | -              | Low       | -            | -        | Med/high       | Low          |

| SESSION DETAILS | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY   |
|-----------------|---|--|---|--|---|---|--|
|                 | Rest days are an important part of your training. You only get stronger if you get some recovery.<br><br>Try to eat and drink well today and not do too much. | <b>Bonus session</b> – <i>This is not an essential session; add it to your training if you have the time.</i><br><br>Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or a fitness class.<br><br>Remember to start all new activities slowly, don't overdo it.<br><br><b>Gym/Circuit training:</b><br>Look <a href="#">here</a> for ideas and advice of what you can do.<br><br><b>Classes:</b> Pilates, Yoga and Dance are all good for core stability and flexibility. | A steady road ride with some harder efforts every 15 mins.<br><br><b>Warm-up:</b> Use <a href="#">WU R</a><br><br><b>Cadence:</b> 80+ rpm<br><br><b>Zones:</b> If you already know your Heart Rate Zones (HRZ) then Zone 1-2. You can also do this ride on feel – you should be able to talk in full sentences between breaths.<br><br><b>Include:</b> 1 x 6-second maximum effort (ride as hard as you can) at 15, 30 and 45 mins. | You will probably have to adapt your training schedule around your work and family life.<br><br>Leaving today blank will give more flexibility for this. | Today's Rest Day is especially important as you've got a Threshold Test tomorrow. | Complete the Threshold Test <a href="#">(calculator)</a><br><br>This week or next you need to do a <b>Threshold Test</b> to establish your Heart Rate training zones.<br><br>Make sure you have all the equipment you will need and you know how to use it before setting out.<br><br>Save the results to work out your training zones. | <b>Warm-up: WU R</b><br><br><b>Cadence:</b> 80+ rpm<br><br><b>Zones:</b> If you already know your Heart Rate Zones (HRZ) then Zone 1-2. You can also do this ride on feel – you should be able to talk in full sentences between breaths.<br><br><b>Include:</b> 1 x 1-min at 90+ rpm at 15, 30, 45 and 60 mins. |

| FOCUS OF THE SESSION | MONDAY | TUESDAY | WEDNESDAY   | THURSDAY | FRIDAY | SATURDAY | SUNDAY  |
|----------------------|--------|---------|---|----------|--------|----------|---|
|                      |        |         | Smooth, consistent pedalling.<br><br>– Keep the upper body as stable as possible, try and limit the movement in the upper body.<br>– Make sure the feet are placed correctly on the pedal. The pedals should be placed on the balls of the feet |          |        |          | Pedalling smooth, even circles.<br><br>– Try and keep pressure on each pedal for as long as possible, not just on the downstroke. |

| NOTES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|--------|---------|-----------|----------|--------|----------|--------|
|       |        |         |           |          |        |          |        |

# GOALS

## Week 1

1. Increase your pedalling speed
2. Complete a Threshold Test [\(calculator\)](#)
3. Remember to include a **warm-up (WU)** prior to the main session content

## WEEKLY HOURS

3 hrs 25 mins - 4 hrs 25 mins

# BRITISH CYCLING TRAINING PLANS

## Beginners Week 2: Getting familiar with your training zones

| DAY          | MONDAY   | TUESDAY        | WEDNESDAY              | THURSDAY     | FRIDAY   | SATURDAY     | SUNDAY       |
|--------------|----------|----------------|------------------------|--------------|----------|--------------|--------------|
| SESSION TYPE | REST DAY | CROSS-TRAINING | OUTDOOR/INDOOR         | FLEXIBLE DAY | REST DAY | OUTDOOR      | OUTDOOR      |
| DURATION     | -        | 30 - 60 mins   | 1 hr (50 mins indoors) | -            | -        | 1 hr 15 mins | 1 hr 15 mins |
| INTENSITY    | -        | -              | Low                    | -            | -        | Low/med      | Low          |

| SESSION DETAILS | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|-----------------|---|--|--|--|--|---|--|
|                 | Rest days are an important part of your training. You only get stronger if you get some recovery.<br><br>Try to eat and drink well today and not do too much. | <b>Bonus session</b> – <i>This is not an essential session; add it to your training if you have the time.</i><br><br>Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or fitness class.<br><br>Remember to start all new activities slowly, don't overdo it.<br><br><b>Gym/Circuit training:</b><br>Look <a href="#">here</a> for ideas and advice of what you can do.<br><br><b>Classes:</b> Pilates, Yoga and Dance are all good for core stability and flexibility. | <b>Warm-up:</b> Use <b>WU R or T1</b> . This will form the first 15 mins or so of your session.<br><br><b>Cadence:</b> 85+ rpm<br><br><b>Zones:</b> Heart Rate Zone 1-2 (HR Z1-2) except in the sprints.<br><br><b>Include:</b><br>– 1 x 6 second maximum sprint effort at 15, 25, 35 and 45 mins.<br>– Return to HR Z1-2 between the harder efforts.<br>– A few minutes of easy pedalling to cool down. | You will probably have to adapt your training schedule around your work and family life.<br><br>Leaving today blank will give more flexibility for this. | If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training.<br><br>Remember though to allocate one rest day over the weekend instead. | A steady road ride with some pedalling drills every 10 mins.<br><br>Remember to take a drink with you – and to drink it!<br><br><b>Warm-up: WU R</b><br><br><b>Cadence:</b> 85+ rpm<br><br><b>Zones:</b> Heart Rate Zone 1-2 (HR Z1-2). It's okay to go out of zone at times, just aim for majority of ride in stated zones.<br><br><b>Include:</b><br>– 1 x 1-min at 95+ rpm at 15, 25, 35, 45 and 60 mins.<br>– Return to HR Z1-2 between these faster efforts. | A steady endurance ride. Try to get someone to join you.<br><br>Remember to take a drink with you – and to drink it<br><br><b>Warm-up: WU R</b><br><br><b>Cadence:</b> 85+ rpm<br><br><b>Zones:</b> HR Z2 mostly. It is fine if your heart rate goes out of stated zones at times during your rides, just aim to stay within zone for the majority of time.<br><br><b>Include:</b> Try to find a group ride or friend that is of a similar ability and speed to yourself to do your longer weekly rides with. If you currently ride out with a group or mountain bike then this ride can continue for now. |

| FOCUS OF THE SESSION | MONDAY | TUESDAY | WEDNESDAY   | THURSDAY | FRIDAY | SATURDAY  | SUNDAY   |
|----------------------|--------|---------|---|----------|--------|---|--|
|                      |        |         | Body position for the maximum efforts<br><br>– Engage your abdominal muscles to stabilise your hips.<br>– Keep your head and upper body still, remembering to look ahead at all times |          |        | Pedal smooth, even circles.<br><br>– Try and keep pressure on each pedal for as long as possible, not just on the downstroke. | Group riding techniques:<br><br>– Keep looking forwards, as this will help with balance and maintain the safety of the group.<br>– Communication is vital when riding in a group. Be sure to let others know your intentions and warn those behind of any hazards. |

| NOTES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|--------|---------|-----------|----------|--------|----------|--------|
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# GOALS

## Week 2

1. This week's sessions are focussed on building endurance, increasing your pedalling speed and getting familiar with your Heart Rate Zones (HRZ)
2. Remember to include a **warm-up (WU)** prior to the main session content

## WEEKLY HOURS

3 hrs 20 mins - 4 hrs 30 mins

# BRITISH CYCLING TRAINING PLANS

## Beginners Week 3: Introducing some sustained efforts

# GOALS

## Week 3

| DAY          | MONDAY   | TUESDAY        | WEDNESDAY              | THURSDAY     | FRIDAY   | SATURDAY     | SUNDAY       |
|--------------|----------|----------------|------------------------|--------------|----------|--------------|--------------|
| SESSION TYPE | REST DAY | CROSS-TRAINING | OUTDOOR/INDOOR         | FLEXIBLE DAY | REST DAY | OUTDOOR      | OUTDOOR      |
| DURATION     | -        | 30 - 60 mins   | 1 hr (50 mins indoors) | -            | -        | 1 hr 15 mins | 1 hr 15 mins |
| INTENSITY    | -        | -              | Low                    | -            | -        | Low/med      | Low/med      |

|                 |  |  |  |   |   |  |  |
|-----------------|--|--|--|---|---|--|--|
| SESSION DETAILS | <p>Rest days are an important part of your training. You only get stronger if you get some recovery.</p> <p>Try to eat and drink well today and not do too much.</p> | <p><b>Bonus session</b> – <i>This is not an essential session; add it to your training if you have the time.</i></p> <p>Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or fitness class.</p> <p>Remember to start all new activities slowly, don't overdo it.</p> <p><b>Gym/Circuit training:</b><br/>Look <a href="#">here</a> for ideas and advice of what you can do.</p> <p><b>Classes:</b> Pilates, Yoga and Dance are all good for core stability and flexibility.</p> | <p><b>Warm-up:</b> Use <a href="#">WU R</a> or <a href="#">T1</a>. This will form the first 15 mins or so of your session.</p> <p><b>Cadence:</b> 90+rpm</p> <p><b>Zones:</b> HR Z1-3</p> <p><b>Include:</b></p> <ul style="list-style-type: none"> <li>- 3 mins in HR Z3 at 15 and 30 mins.</li> <li>- Return to HR Z2 between these harder efforts.</li> <li>- 5 mins of easy pedalling to cool down.</li> </ul> | <p>You will probably have to adapt your training schedule around your work and family life.</p> <p>Leaving today blank will give more flexibility for this.</p> | <p>If you are unable to get out on both days at the weekend it is fine to swap today's rest day with Saturday or Sunday's training.</p> <p>Remember though to allocate one rest day over the weekend instead.</p> | <p>Hilly ride - find a route if possible with 2 hills that will each take you at least 3 mins to climb. This should feel hard! Your heart rate and breathing will increase significantly on the climbs but don't overdo it.</p> <p><b>Warm-up:</b> <a href="#">WU R</a> include the 6-second intervals</p> <p><b>Cadence:</b> 90+ rpm except for climbs, aim for a max cadence of 70rpm. Remain seated on climbs.</p> <p><b>Zones:</b> HR Z1-2 except on the climbs.</p> <p><b>Include:</b></p> <ul style="list-style-type: none"> <li>- 20-30 mins of riding before you reach the first climb.</li> <li>- Zero your watch or heart rate monitor and attack the climb at the fastest speed you can maintain.</li> <li>- Stop at 3 mins and note finish point.</li> <li>- Easy spin to recover before riding on to the 2nd hill.</li> <li>- Repeat the drill on the next hill and again, note finish point.</li> <li>- Easy spin to recover and then continue with ride.</li> <li>- If the hill is shorter than 3 mins, note the time it took to reach the top.</li> <li>- You will use these hills again to measure your improvement.</li> </ul> | <p>A steady endurance ride, ideally with some company.</p> <p><b>Warm-up:</b> <a href="#">WU R</a></p> <p><b>Cadence:</b> 85+ rpm</p> <p><b>Zones:</b> HR Z2 mostly. It is fine if your heart rate goes out of stated zones at times during your rides, just aim to stay within zone for the majority of time.</p> <p><b>Include:</b> 1 x 5-min effort in the middle of HRZ3, 30 mins in to your ride.</p> |
|-----------------|--|--|--|---|---|--|--|

|                      |  |  |  |  |  |   |  |
|----------------------|--|--|--|--|--|---|--|
| FOCUS OF THE SESSION |  |  | <p>Smooth pedalling and gear changes. Relaxed position on the bike.</p> <ul style="list-style-type: none"> <li>- Look forwards at all times, avoid looking down, try to change gear on feel.</li> <li>- Keep pedalling throughout the motion of changing gears.</li> </ul> |  |  | <p>Maintain a 70+ rpm cadence using good gear selection.</p> <p>Try to remain seated on the climbs for as long as possible.</p> | <p>Selecting a gear that helps you maintain your cadence as the terrain and your effort changes.</p> |
|----------------------|--|--|--|--|--|---|--|

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| NOTES |  |  |  |  |  |  |  |
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- Build endurance and introduce some sustained effort to improve power
- Select the correct gear to maintain cadence
- Remember to include a **warm-up (WU)** prior to the main session content

## WEEKLY HOURS

3 hrs 20 mins -  
4 hrs 30 mins

# BRITISH CYCLING TRAINING PLANS

Beginners Week 4: Your first recovery week

## GOALS

Week 4

| DAY          | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY   |
|--------------|---|---|---|---|---|---|--|
| SESSION TYPE | <br>REST DAY | <br>CROSS-TRAINING | <br>OUTDOOR/INDOOR | <br>FLEXIBLE DAY | <br>REST DAY | <br>REST DAY | <br>OUTDOOR   |
| DURATION     | -   |  30 - 60 mins      |  45 mins           | -   | -   | -   |  1 hr 30 mins |
| INTENSITY    | -   | -   | -   | -   | -   | -   |  Low/med      |

| SESSION DETAILS | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY  |
|-----------------|---|--|--|--|--|---|---|
|                 | Rest days are an important part of your training. You only get stronger if you get some recovery.<br><br>Try to eat and drink well today and not do too much. | <b>Bonus session</b> – <i>This is not an essential session; add it to your training if you have the time.</i><br><br>Choose an activity to help develop all-round fitness, strength, core stability and flexibility. If you already do another exercise session, structured or social, then continue to fit that into your week. If not, then try something new; for example gym, swim, jog or fitness class.<br><br>Remember to start all new activities slowly, don't overdo it.<br><br><b>Gym/Circuit training:</b><br>Look <a href="#">here</a> for ideas and advice of what you can do.<br><br><b>Classes:</b> Pilates, Yoga and Dance are all good for core stability and flexibility. | <b>Bonus session</b> – <i>This is not an essential session; add it to your training if you have the time.</i><br><br>Russian Steps session. The gear resistance should be very light.<br><br><b>Warm-up:</b> Use <a href="#">WU T1</a><br><br><b>Cadence:</b> Various as stated.<br><br><b>Zones:</b> Zones aren't needed for this session – concentrate on cadence.<br><br><b>Include:</b><br>– 2 mins at 90 rpm<br>– 1 mins at 95 rpm<br>– 15 secs at 100 rpm<br>– 30 secs at 105 rpm<br>– 15 secs at 110 rpm<br>– 2 mins at 90 rpm Easy spin until the end of the allotted time for this session. | You will probably have to adapt your training schedule around your work and family life.<br><br>Leaving today blank will give more flexibility for this. | If you are unable to get out on Sunday it is fine to swap today's or Saturday's rest day with Sunday's training. | There is no set session today as this is a recovery week. If you do choose to ride then take it easy; your body will appreciate the rest. | A mixed-zone ride with a focus on balance, coordination and bike-handling.<br><br><b>Warm-up:</b> <a href="#">WU R</a><br><br><b>Cadence:</b> 90+ rpm<br><br><b>Zones:</b> HR Z1-3 mostly.<br><br><b>Include:</b> Your favourite route. |

| FOCUS OF THE SESSION | MONDAY | TUESDAY | WEDNESDAY   | THURSDAY | FRIDAY | SATURDAY | SUNDAY  |
|----------------------|--------|---------|---|----------|--------|----------|---|
|                      |        |         | Smooth pedalling action:<br><br>– Keep the upper body as stable as possible, there should be limited movement.<br>– If you start to bob in the saddle, slow your cadence and concentrate on engaging your abdominal muscles to stabilise your hips. |          |        |          | Changing hand position.<br><br>– Changing position on the handlebars from tops to drops until you feel confident. Taking and replacing a bottle without looking down. |

| NOTES | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------|--------|---------|-----------|----------|--------|----------|--------|
|       |        |         |           |          |        |          |        |

1. Allow your body to recover and adapt to training
2. Improve balance, coordination and bike-handling skills
3. Remember to include a **warm-up (WU)** prior to the main session content

## WEEKLY HOURS

 1 hr 30 mins - 3 hrs 15 mins