

















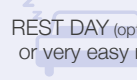
















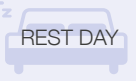



















BRITISH CYCLING TRAINING PLANS

Beginner Training Plan Overview: First 12 weeks

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	🕒 HOURS		
1 Finding your training zones	 REST DAY	 CROSS TRAINING 30 - 60 mins (optional)	 OUTDOOR RIDE 1hr	 FLEXIBLE DAY (move sessions if needed)	 REST DAY	 THRESHOLD TEST 1 hr 10 mins	 OUTDOOR RIDE 1 hr 15 mins	3 hrs 25 mins – 4 hrs 25 mins		
2 Getting familiar with your training zones			 OUTDOOR RIDE 1hr or 50 mins indoors			 OUTDOOR RIDE 1 hr 15 mins	 OUTDOOR RIDE 1 hr 15 mins	3 hrs 20 mins – 4 hrs 30 mins		
3 Introducing some sustained efforts			 OUTDOOR RIDE 1hr or 50 mins indoors			 OUTDOOR RIDE 1 hr 15 mins, hilly	 OUTDOOR RIDE 1 hr 15 mins	3 hrs 20 mins – 4 hrs 30 mins		
4 Your first recovery week			 OPTIONAL RIDE: 45 mins in/outdoor			 REST DAY (optional) or very easy ride	 OUTDOOR RIDE 1 hr 30 mins	1 hr 30 mins – 3 hrs 15 mins		
5 Building on zone 3 efforts			 OUTDOOR RIDE 1 hr or 45 mins indoors			 OUTDOOR RIDE 1 hr 30 mins, hilly	 OUTDOOR RIDE 1 hr 30 mins	3 hrs 45 mins – 5 hrs		
6 Building endurance and climbing			 OUTDOOR RIDE 1 hr or 50 mins indoors			 OUTDOOR RIDE 1 hr 30 mins, hilly	 OUTDOOR RIDE 1 hr 30 mins - 2 hrs	3 hrs 50 mins – 5 hrs 30 mins		
7 Base endurance work and sustaining efforts			 OUTDOOR RIDE 1 hr or 50 mins indoors			 OUTDOOR RIDE 1 hr 30 mins, flat	 OUTDOOR RIDE 1 hr 30 mins - 2 hrs	3 hrs 50 mins – 5 hrs 30 mins		
8 Take a recovery week							 OUTDOOR RIDE 45 mins or 30 mins indoors	 OUTDOOR RIDE 45 mins - 1 hr, easy	 OUTDOOR RIDE 1 hr - 1 hr 30 mins	2 hrs 15 mins – 4 hrs 15 mins
9 Re-test your training zones							 CROSS TRAINING 30 - 60 mins (optional)	 REST DAY	 THRESHOLD TEST 1 hr 10 mins	 OUTDOOR RIDE 25 miles / 2 hrs approx
10 Using your new zones and strength and endurance zones	 REST DAY	 CROSS TRAINING 30 - 60 mins (optional)	 OUTDOOR RIDE 1 hr 30 mins or 1 hr indoors			 OUTDOOR RIDE 25 miles / 2 hrs approx	 OUTDOOR RIDE 2+ hrs	5 hrs – 6 hrs 30 mins		
11 Continuing to build a base strength and endurance			 OUTDOOR RIDE 1 hr 30 mins or 1 hr indoors			 OUTDOOR RIDE 25 miles / 2 hrs approx	 OUTDOOR RIDE 2+ hrs	5 hrs – 6 hrs 30 mins		
12 Take a recovery week			 OUTDOOR / INDOOR RIDE 30 mins			 OUTDOOR RIDE 35 miles / 3 hrs approx	 OUTDOOR RIDE 30 – 60 mins	4 hrs – 5 hrs 30 mins		