HEALTHY COMPANY

Corporate and Employee Benefits

BEGINNERS 30 KM CYCLING PROGRAMME

If you're new to cycling or have just brushed the dust off your bike, then this programme will help you to work up to cycling 30km at a comfortable pace.



GENERAL INSTRUCTIONS

- Warm up and cool down before and after every session by peddling 5 10 minutes at low intensity.
- After cooling down, do some stretching.
- Always get medical clearance before starting with any exercise programme.



DEFINITIONS AND GUIDELINES

Cadence (revolutions per minute, rpm): The number of revolutions each leg performs in one minute.

Intramuscular triglyceride (IMTG) ride: The IMTG session teaches the body to use fat as an energy source. Complete this exercise session at the start of the day while fasting (you should not have eaten since dinner the night before). By cycling while fasting, the body cannot use carbohydrates. If you exercise at a low intensity, your body switches to using a very high percentage of fat for fuel. The benefits of this session are increased fat burning, a leaner body and increased carbohydrates being available, which allow you to ride for longer and improved performance. This session is performed at an easy intensity in zone 2, lasting up to 1 hour and 30 minutes.



TARGET HEART RATES

Work out the recommended maximum heart rate (HRmax) for your age:

Calculation: HRmax = 220 - your age

Target: 90% HRmax (220 - age) x 90%

Training effect: Approaching HRmax

Heart rate zone: 5

Perception of effort: Very hard

Target: 80% HRmax (220 - age) x 80%

Training effect: Increasing athletic performance

Heart rate zone: 4

Perception of effort: Hard

Target: 70% HRmax (220 - age) x 70%

Training effect: Improving aerobic fitness

Heart rate zone: 3

Perception of effort: Somewhat hard





Target: 60% HRmax (220 - age) x 60%

Training effect: Losing weight and improving health

Heart rate zone: 2

Perception of effort: Moderate

Target: 50% HRmax (220-age) x 50%

Training effect: Starting to improve health or recovery session

Heart rate zone: 1

Perception of effort: Easy

Google Play



Chat to Healthy Company for free advice

Healthy Company is here for you. Access Healthy Company on the Discovery app, on our website at www.discovery.co.za or call us on 0800 320 420.

THE PROGRAMME



ЕК	Day 1	 Day	2	Day 3
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	REST	IMTG ride: 40 minut fasting (do not eat f before Drink water durin Eat immediately a sess	or at least 5 hours ride) g the 40 minutes fter finishing the	REST
	Day 4	Day 5	Day 6	Day 7
	Se		Se	Se
	Warm up for 15 minutes in zone 2 and 3 Follow with 4 x 2 minutes in a high gear and at a low cadence (45 – 50 rpm) Recover for 4 minutes in zone 2 between each hard effort Cool down for 10 minutes	REST	1 hour 10 minute 2 and 3 at own c	30 minutes recovery ride in zone 2 only Try to keep cadence high throughout (>85 rpm)
	in zone 2	 		
	in zone 2	 	2	
		 		Day 3
	Day 1		o zone 2 and 3 high throughout	
	Day 1	50 minutes in Try to keep cadence	o zone 2 and 3 high throughout	
K	Day 1	50 minutes in Try to keep cadence (>90 r	o zone 2 and 3 e high throughout pm)	REST

WEEK	Day 1	Day	2	Day 3
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	REST	1 hour in zo Try to keep cadence (>90 r	e high throughout	REST
	Day 4	Day 5	Day 6	Day 7
	SE		Se	58
	Warm up for 20 minutes in zone 2 and 3 Follow with 2 x 8 minutes of seated climbing on a moderate gradient Keep the cadence low (50 – 65 rpm) and use a low gear to keep the intensity below the mid-zone 3 range If you struggle to sit for the entire climb, stand for 50 meters and then sit again Recover for 8 minutes in zone 2 between each climbing effort Recover for 10 minutes in zone 2 to finish	REST	1 hour 30 minute 2 and 3 at own o	30 minutes recovery ride in zone 2 only Try to keep cadence high throughout (>90 rpm)

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	REST	Warm up for 2 zone 2 and 3 fo 5 x 2 minute Recover for 5 min between each 2-n Cool down for 20 n	llow this with s in zone 4 nutes in zone 2 minute interval		REST
	Day 4	Day 5	Day 6		Day 7
	58		58		58
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WEEK	Day 1	Day	2		Day 3
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8	REST	30 minutes recovery Try to keep cadence (>90 r	ride in zone 2 only high throughout pm)		REST
8		30 minutes recovery Try to keep cadence (>90 r Day 5	ride in zone 2 only high throughout		
8	REST	30 minutes recovery Try to keep cadence (>90 r	ride in zone 2 only high throughout pm) Day 6	minute ring your up igh gear	REST