

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: $HR_{max} = 220 - \text{your age}$



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

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THE PROGRAMME








WEEK 1

Day 1	Day 2	Day 3	
 REST	 30 minutes in heart rate zone 2 and 3 Try to keep cadence high throughout (>85 rpm)	 REST	
Day 4	Day 5	Day 6	Day 7
 40 minutes in heart rate zone 2 and 3 Try to keep cadence high throughout (>85 rpm)	 REST	 1 hour in zone 2 and 3 at own pace	 30 minutes recovery ride in zone 2 only Try to keep cadence high throughout (>85 rpm)








WEEK 2

Day 1	Day 2	Day 3	
 REST	 IMTG ride: 30 minutes in zone 2 while fasting (do not eat for at least 5 hours before ride) Drink water during the 30 minutes Eat immediately after finishing the session	 REST	
Day 4	Day 5	Day 6	Day 7
 45 minutes in zone 2 and 3 Try to keep cadence high throughout (>85 rpm)	 REST	 1 hour 10 minutes in zone 2 and 3 at own cadence	 30 minutes recovery ride in zone 2 only Try to keep cadence high throughout (>85 rpm)








**WEEK
3**

Day 1	Day 2	Day 3	
 REST	 IMTG ride: 40 minutes in zone 2 while fasting (do not eat for at least 5 hours before ride) Drink water during the 40 minutes Eat immediately after finishing the session	 REST	
Day 4	Day 5	Day 6	Day 7
 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 in zone 2	 REST	 1 hour 10 minutes in zone 2 and 3 at own cadence	 30 minutes recovery ride in zone 2 only Try to keep cadence high throughout (>85 rpm)








**WEEK
4**

Day 1	Day 2	Day 3	
 30 minutes strength training and cross training 30 minutes	 50 minutes in zone 2 and 3 Try to keep cadence high throughout (>90 rpm)	 REST	
Day 4	Day 5	Day 6	Day 7
 Warm up for 15 minutes in zone 2 and 3 Follow with 4 x 3 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 in zone 2	 25 - 30 minutes strength training	 1 hour 20 minutes in zone 2 and 3 at own cadence	 30 minutes recovery ride in zone 2 only Try to keep cadence high throughout (>85 rpm)








WEEK
5

Day 1	Day 2	Day 3	
 REST	 1 hour in zone 2 and 3 Try to keep cadence high throughout (>90 rpm)	 REST	
Day 4	Day 5	Day 6	Day 7
 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 minutes in zone 2 and 3 at own cadence	 30 minutes recovery ride in zone 2 only Try to keep cadence high throughout (>90 rpm)








WEEK
6

Day 1	Day 2	Day 3	
 REST	 Warm up for 20 minutes in zone 2 and 3 Follow with 3 x 6 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 6 minutes in zone 2 between each climbing effort. Cool down for 10 minutes in zone 2	 REST	
Day 4	Day 5	Day 6	Day 7
 1 hour in zone 3 Try to keep cadence high throughout (>90 rpm)	 REST	 1 hour 40 minutes in zone 2 and 3 at own cadence	 30 minutes recovery ride in zone 2 only Try to keep cadence high throughout (>90 rpm)

WEEK
7

Day 1	Day 2	Day 3	
 REST	 Warm up for 20 minutes in zone 2 and 3 follow this with 5 x 2 minutes in zone 4 Recover for 5 minutes in zone 2 between each 2-minute interval Cool down for 20 minutes in zone 2	 REST	
Day 4	Day 5	Day 6	Day 7
 1 hour in zone 3 Try to keep cadence high throughout (>90 rpm)	 REST	 1 hour 15 minutes in zone 2 and 3 at own cadence	 30 minutes recovery ride in zone 2 only Try to keep cadence high throughout (>90 rpm)

WEEK
8

Day 1	Day 2	Day 3	
 REST	 30 minutes recovery ride in zone 2 only Try to keep cadence high throughout (>90 rpm)	 REST	
Day 4	Day 5	Day 6	Day 7
 Warm up 20 minutes in zone 2 and 3, followed by 4 x 2 minutes in heart rate zone 4 Recover for 5 minutes in zone 2 between each harder effort Cool down for 10 minutes in zone 2	 REST	 30 minutes in zone 2 and 3 with 3 x 2 minute accelerations to bring your heart rate up Use a relatively high gear and low cadence (70 – 80 rpm) Rest for 4 minutes between each acceleration (These are not supposed to be hard intervals)	 30 km race