



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TEAM Y

30-mile Cycle Training Plan: Beginner

Week 1-Starting Out

Day	Type	Training	Notes
Mon	Bike & Flexibility	20-30 min easy ride	Start easily, introduce body to training
Tues	Rest		
Wed	Rest		
Thurs	Bike	30-45 min easy ride	Don't push the pace; week 1 is all about beginning training
Fri	Rest		
Sat	Rest		
Sun	Bike & Flexibility	45-60 min easy ride or 5 miles, whichever comes first	1 st longer session, start slowly and stretch leg muscles at the end

Week 2-Building Up

Day	Type	Training	Notes
Mon	Rest		Full recovery after long ride
Tues	Bike & Flexibility	45 min steady pace	Remember to stretch after
Wed	Gym	60 min total body	Uphill cycling requires good upper body strength
Thurs	Rest		
Fri	Bike	45 min steady pace	Midweek sessions are comfortable to prepare for Sunday longer session
Sat	Rest		
Sun	Bike & Flexibility	1hr-1.5hrs, or 10 miles	



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Week 3-Building Up

Day	Type	Training	Notes
Mon	Rest		Full recovery after long ride
Tues	Bike & Flexibility	45 min steady pace	Remember to stretch after
Wed	Gym	60 min total body	Aim to increase set's this week
Thurs	Rest		
Fri	Bike	1hr 20 min steady pace	
Sat	Rest		
Sun	Bike & Flexibility	Aim for 2hrs continuous cycling or 15 miles	At this point you should be able to cycle for 1.5hrs steady

Week 4-Mini Peak

Day	Type	Training	Notes
Mon	Rest		
Tues	Bike & Flexibility	1hr easy ride	Use a commute ride if possible!
Wed	Gym	60 min total body	Select weights that challenge you on the last reps
Thurs	Rest		
Fri	Bike & Flexibility	60 min fartlek ride (speed play)	Vary faster speed burst with recovery
Sat	Rest		
Sun	Bike & Flexibility	Aim for 2-2.5hrs continuous cycling or 20 miles	Begin thinking about nutrition & hydration en route



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Week 5-Recovery Week

Day	Type	Training	Notes
Mon	Rest		
Tues	Rest		Consider getting a massage for stiffness
Wed	Bike & Flexibility	45-60 min hilly circuit	Should be fully recovered and feel strong
Thurs	Gym	Total body workout	Optional-omit if feel tired
Fri	Bike	1hr steady pace	
Sat	Rest		
Sun	Bike & Flexibility	Aim for 2-2.5hrs continuous cycling or 20 miles	

Week 6-Second Build Up

Day	Type	Training	Notes
Mon	Rest		
Tues	Bike & Flexibility	1-1.25hr fartlek ride	
Wed	Gym		Maintain weights from last session
Thurs	Rest		
Fri	Bike	1.25-1.5hr steady pace	
Sat	Rest		
Sun	Bike & Flexibility	Aim for 2.5-2.75hrs continuous cycling	At this point you should be able to cycle for 2.5hrs steady



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Week 7-Expedition Week

Day	Type	Training	Notes
Mon	Rest		
Tues	Bike & Flexibility	1hr steady pace	Keep it steady because the focus is on the weekend ride
Wed	Gym		Optional-Omit if feel tired
Thurs	Rest		Double rest day to prepare for the weekend ride
Fri	Rest		
Sat	Bike & Flexibility	3.5hr long ride	Use breaks as needed
Sun	Bike & Flexibility	3hr steady pace	Hydrate and stretch

Week 8- Main Taper

Day	Type	Training	Notes
Mon	Rest		
Tues	Bike & Flexibility	30 min very easy	Avoid temptation to go fast
Wed	Rest		
Thurs	Bike	45 min easy pace	
Fri	Rest		
Sat	Rest		
Sun	Race Day	Good Luck!	You are ready!