

Sofa to Saddle Cycling Programme: To help you build a base level of fitness to complete your first sportif or cycling event

**Please note that if you are unable to get out on the road then all of the outdoor sessions can be completed in the gym on a Wattbike or for extra motivation try attending a Group Cycling session.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<p><u>MY FIRST FTP Test**</u> OR <u>TIMED 5mile MAX EFFORT</u> My score:TIMEWATTS</p>	Rest Day	<p>My 1st Ride 1-2hr – RPE: 6/10**</p> <p>Your aim is to get comfortable on the bike and enjoy riding</p>	Rest Day	<p>Interval Training Day Hill session – RPE: 7/10</p> <p>Find a local hill that's roughly 10mins long and climb it – repeat x2</p>	Rest Day	Long Ride 15 miles
WEEK 2	<p>Recovery Ride and Stretching</p> <p>20-30mins Cadence/RPM: 90-100 RPE: 5/10</p>	Rest Day	<p>Miles VS Minutes Ride 20 miles – RPE: 7/10</p> <p>In this ride your aim is to complete 20 miles and record your time</p>	Rest Day	<p>Interval Training Day Hill session – RPE: 7/10</p> <p>Find a local hill that's roughly 10mins long and climb it – repeat x2</p>	Rest Day	Long Ride 15 miles
WEEK 3	<p>Recovery Ride and Stretching</p> <p>20-30mins Cadence/RPM: 90-100 RPE: 5/10</p>	Rest Day	<p>Miles VS Minutes Ride 20 miles – RPE: 7/10</p> <p>In this ride your aim is to complete 20 miles and record your time</p>	Rest Day	<p>Interval Training Day Hill session – RPE: 7/10</p> <p>Find a local hill that's roughly 10mins long and climb it – repeat x2</p>	Rest Day	Long Ride 20 miles
WEEK 4	<p>Recovery Ride and Stretching</p> <p>20-30mins Cadence/RPM: 90-100 RPE: 5/10</p>	Rest Day	<p>Miles VS Minutes Ride 20 miles – RPE: 7/10</p> <p>In this ride your aim is to complete 20 miles and record your time</p>	Rest Day	<p>Interval Training Day Hill session – RPE: 7/10</p> <p>Find a local hill that's roughly 10mins long and climb it – repeat x2</p>	Rest Day	Long Ride 25 miles
WEEK 5	<p>Recovery Ride and Stretching</p> <p>20-30mins Cadence/RPM: 90-100 RPE: 5/10</p>	Rest Day	<p>Miles VS Minutes Ride 20 miles – RPE: 7/10</p> <p>In this ride your aim is to complete 20 miles and record your time</p>	Rest Day	<p><u>2nd FTP Test</u> OR <u>TIMED 5mile MAX EFFORT</u> My score:TIMEWATTS</p>	Rest Day	Long Ride 25 miles
WEEK 6	<p>Recovery Ride and Stretching</p> <p>20-30mins Cadence/RPM: 90-100 RPE: 5/10</p>	Rest Day	<p>Miles VS Minutes Ride 20 miles – RPE: 7/10</p> <p>In this ride your aim is to complete 20 miles and record your time</p>	Rest Day	<p>Interval Training Day Hill session – RPE: 9/10</p> <p>Find a local hill that's roughly 10mins long and climb it – repeat x3</p>	Rest Day	Long Ride 30 miles

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7	Recovery Ride and Stretching 20-30mins Cadence/RPM: 90-100 RPE: 5/10	Rest Day	Miles VS Minutes Ride 20 miles – RPE: 7/10 In this ride your aim is to complete 20 miles and record your time	Rest Day	Interval Training Day Hill session – RPE: 9/10 Find a local hill that's roughly 10mins long and climb it – repeat x3	Rest Day	Long Ride 30 miles
WEEK 8	Recovery Ride and Stretching 20-30mins Cadence/RPM: 90-100 RPE: 5/10	Rest Day	Miles VS Minutes Ride 20 miles – RPE: 7/10 In this ride your aim is to complete 20 miles and record your time	Rest Day	Interval Training Day Hill session – RPE: 9/10 Find a local hill that's roughly 10mins long and climb it – repeat x3	Rest Day	Long Ride 35 miles
WEEK 9	Recovery Ride and Stretching 20-30mins Cadence/RPM: 90-100 RPE: 5/10	Rest Day	Miles VS Minutes Ride 20 miles – RPE: 8/10 In this ride your aim is to complete 20 miles and record your time	Rest Day	Interval Training Day Hill session – RPE: 10/10 Find a local hill that's roughly 10mins long and climb it – repeat x4	Rest Day	Long Ride 40 miles
WEEK 10	Recovery Ride and Stretching 20-30mins Cadence/RPM: 90-100 RPE: 5/10	Rest Day	Miles VS Minutes Ride 20 miles – RPE: 8/10 In this ride your aim is to complete 20 miles and record your time	Rest Day	Interval Training Day Hill session – RPE: 10/10 Find a local hill that's roughly 10mins long and climb it – repeat x4	Rest Day	Long Ride 45 miles
WEEK 11	Recovery Ride and Stretching 20-30mins Cadence/RPM: 90-100 RPE: 5/10	Rest Day	Miles VS Minutes Ride 20 miles – RPE: 8/10 In this ride your aim is to complete 20 miles and record your time	Rest Day	FINAL FTP Test OR TIMED 5mile MAX EFFORT My score:TIME WATTS	Rest Day	Long Ride 30 miles
WEEK 12 IT'S EVENT WEEK!	Recovery Ride and Stretching 20-30mins Cadence/RPM: 90-100 RPE: 5/10	Rest Day	Miles VS Minutes Ride 20 miles – RPE: 6/10 In this ride your aim is to complete 20 miles at a steady pace... IT'S EVENT WEEK!	Rest Day	Recovery Ride and Stretching 20-30mins Cadence/RPM: 90-100 RPE: 5/10	Rest Day	<u>MY FIRST EVENT</u>

MY FIRST FTP Test ** & RPE: 6/10** What do these things mean? **FTP** stands for Functional Threshold Power and is a figure that you gain from completing a test which is explained on the 'Talking Points' sheet of this programme. **RPE** stands for Rate of Perceived Exertion which is the effort you put out whilst doing exercise. This is measured on a scale from 1-10, 1 being 'not hard at all' 10 being 'I am at my limit'. It is an easy way for you to measure your effort levels.