



CYCLING TO POWER HEART RESEARCH

Cycling training plan for beginners

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 hour long ride	Rest	45 mins including hills session 1 (3 mins by 6)	Rest	45 mins easy	Rest	45 mins easy
2	2 hour long ride	Rest	45 mins including intervals 30/30 for 10 mins	Rest	60 mins easy	Rest	45 mins easy
3	2.5 hour long ride	Rest	60 mins including hills session 2	Rest	45 mins including intervals 30/30 for 15 mins	Rest	50 mins easy
4	2 hour long ride	Rest	45 mins including hills session 1 (3 mins by 6)	Rest	45 mins easy	Rest	45 mins easy
5	2.5 hour long ride	Rest	60 mins including hills session 2	Rest	45 mins steady	Rest	50 mins easy

FIGHT FOR EVERY HEARTBEAT

bhf.org.uk

© British Heart Foundation 2014, registered charity in England and Wales (225971) and in Scotland (SC039426)

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	2.5 hour long ride	Rest	60 mins including hills session 1 (3 mins x 7)	Rest	60 mins including intervals 5x5	Rest	60 mins easy
7	3 hour long ride	Rest	60 mins including 20 mins of 30/30	Rest	60 mins including intervals 5x5	Rest	60 mins easy
8	3.5 hour long ride	Rest	60 mins including hills session 1 (4 mins by 6)	Rest	60 mins steady	Rest	50 mins easy
9	2.5 hour long ride	Rest	60 mins including 5x5	Rest	45 mins easy	Rest	45 mins easy
10	2 hour long ride	Rest	60 mins including 15 mins of 30/30	Rest	45 mins easy	Rest	Event day

FIGHT FOR EVERY HEARTBEAT

bhf.org.uk

© British Heart Foundation 2014, registered charity in England and Wales (225971) and in Scotland (SC039426)