

**Purpose:** This program is designed to support those Islanders who would like to begin to cycle as a way to develop fitness and have fun.

**Remember:**

1. Make sure the bike is in good working order and that you wear a helmet.
2. Start out on a user-friendly flat course, such as the Confederation Trail, until you have built your confidence.
3. Try an out and back ride or a looped course.
4. Start easy, begin with low mileage and build gradually. Don't try to go as fast as you can, work into your pace.
5. As you build your endurance, you should be able to cover more distance in the time of your ride.
6. There are good days and bad days, listen to your body and if you are struggling cut the ride short.
7. Find some riding buddies for more enjoyable rides.
8. Always use the first few minutes of the ride as a warm up and the last few minutes as a cool down.
9. Cycling up hills requires more effort; introduce slight inclines, small hills and bigger hills gradually over the 20 weeks.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Notes
<b>Week 7</b>	22 min steady	Off	25 min easy	Off	22 min steady	Off	25 min easy	flats & hills
<b>Week 8</b>	25 min steady	Off	30 min easy	Off	25 min steady	Off	30 min easy	flats & hills
<b>Week 9</b>	30 min steady	Off	35 min easy	Off	30 min steady	Off	35 min easy	flats & hills
<b>Week 10</b>	35 min steady	Off	40 min easy	Off	35 min steady	Off	40 min easy	flats & hills
<b>Week 11</b>	40 min steady	Off	45 min easy	Off	40 min steady	Off	45 min easy	flats & hills
<b>Week 12</b>	45 min steady	Off	50 min easy	Off	45 min steady	Off	50 min easy	flats & hills
<b>Week 13</b>	50 min steady	Off	55 min easy	Off	50 min steady	Off	55 min easy	flats & hills
<b>Week 14</b>	55 min steady	Off	60 min easy	Off	55 min steady	Off	60 min easy	flats & hills

**Definitions:**

**Easy** - biking at a pace where you can talk easily and you are not breathing hard.

**Steady** - biking at a pace where your heart rate increases, you feel like you are working at moderate intensity, but you are not gasping.