

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
Week 15	rest	45 min steady	Off	45 min steady	Off	35 min easy	70 min	flats & hills
Week 16	rest	45 min steady	Off	45 min steady	Off	40 min easy	80 min	flats & hills
Week 17	rest	50 min steady	Off	50 min steady	Off	45 min easy	90 min	flats & hills
Week 18	rest	55 min easy	Off	60 min easy	Off	60 min easy	90 min	flats & hills
Week 19	rest	60 min steady	Off	80 min steady	Off	60 min easy	110 min	flats & hills
Week 20	rest	60 min steady	Off	90 min steady	Off	60 min easy	120 min	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.