

**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 1</b>	10 min easy	10 min easy	Off	10 min easy	Off	10 min easy	10 min easy	flat surface
<b>Week 2</b>	12 min easy	12 min easy	Off	15 min easy	Off	12 min easy	15 min easy	flat surface
<b>Week 3</b>	15 min easy	12 min steady	Off	15 min easy	Off	15 min steady	18 min easy	small inclines
<b>Week 4</b>	18 min easy	15 min steady	Off	18 min easy	Off	15 min steady	20 min easy	small inclines
<b>Week 5</b>	20 min easy	18 min steady	Off	20 min easy	Off	18 min steady	22 min easy	small hills
<b>Week 6</b>	22 min easy	20 min steady	Off	22 min easy	Off	20 min steady	24 min easy	small 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.