



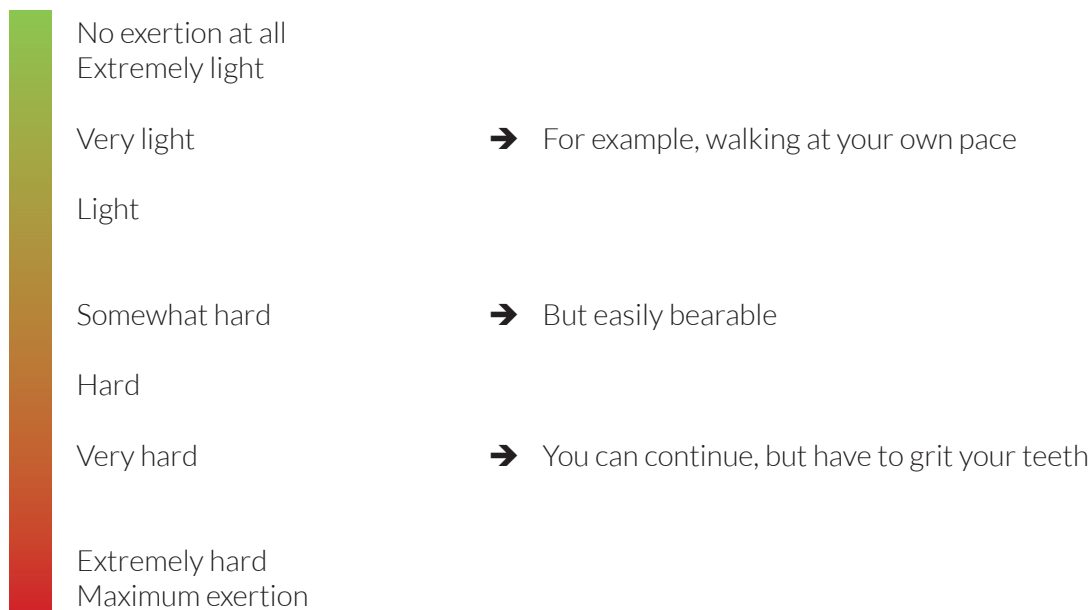
A sample training plan for cycling with previous sporting experience

Background

This training plan acts as a guideline for people who are active in their everyday life, have some previous sporting experience and want to exercise regularly again or vary their physical activities. It can be adjusted to suit individual preferences and situations.

Each individual activity has been given an intensity grading to clarify the level of exertion you should feel to enable training at optimal levels. These are based on the following scale (according to Borg*):

Here is how the exercise should feel:



Here are few tips before you start:

- Get a physical check-up before you begin.
- Your bicycle should also be checked. Alongside the safety aspects, check the seat position (or have someone check it for you).
- Reschedule your training session for a day earlier or later if you are unable to train on a certain day.
- If you are unable to complete the stated training session duration at the stated exertion grade, then reduce the duration.
- Listen to your body and take a break if you cannot continue.
- Try to cycle routes that are mostly flat.
- Pedal lightly at around 90 pedal revolutions per minute as a threshold.
- If you are unable to train for a week, then begin again with the plan for the previous week.
- After completing week 4, you can begin again with the week 1 plan. Or follow the week 1 plan and slightly increase the duration (e.g., 25 minutes instead of 20 minutes) or go out for a 4th cycling session on an off-day.

*Borg GA. Psychophysical bases of perceived exertion. Med Sci Sports Exerc 1982; 14: 377-381



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Day	Activity	Description	Approx. duration
Week 1			
Monday			
Tuesday	Relaxed cycling	Perceived as "light" exertion	30 min
Wednesday			
Thursday	Relaxed cycling	Perceived as "light" exertion	40 min
Friday			
Saturday	Brisk walking	Perceived as "light" exertion	90 min
Sunday			
Week 2			
Monday			
Tuesday	Cycling	The movement feels "somewhat hard"	30 min
	Stretching exercises for the front of the thighs	While standing, move your right heel towards your buttocks and hold your right ankle with your right hand and pull towards the buttocks until you feel stretching of the front of the thigh. Hold for 15 seconds then switch legs. Repeat 5 times	5 min
Wednesday			
Thursday	Cycling	The movement feels "somewhat hard"	45 min
	Stretching exercises for the chest/strengthening of the upper back	While standing, stretch both your arms out horizontally to the right and left, palms facing forward. With your arms stretched, move both hands back as far as possible, hold the position, then return to the starting position. Repeat 15 times	5 min
Friday			
Saturday	Relaxed cycling	Perceived as "light" exertion	60 min
Sunday			
Week 3			
Monday			
Tuesday	Cycling	The movement feels "somewhat hard"	40 min
	Stretching exercising for the back of the leg/calf muscle	In a standing position, stretch your right leg out to the front and put your right heel on the ground. Then bend your left leg as far as possible until you feel the back of your right leg begin to stretch. Hold for 15 seconds, then switch legs. 5 sets	5 min
Wednesday			
Thursday	Cycling	The movement feels "somewhat hard"	50 min
	Coordination exercises	Standing on one leg, make large circles under your body with the free stretched leg. 3 x 2 minutes per leg (alternating)	10 min
Friday			
Saturday	Brisk Cycling	Interval training: 10 minutes relaxed warm-up cycling 3 sets: 5 minutes brisk cycling ("hard"), 3 minutes relaxed cycling ("extremely light") 10 minutes relaxed warm-down cycling	45 min
Sunday			



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Week 4

Monday

Tuesday	Cycling	The movement feels "somewhat hard"	45 min
	Stretching exercises for the front of the thighs	While standing, move your right heel towards your buttocks and hold your right ankle with your right hand and pull towards the buttocks until you feel stretching of the front of the thigh. Hold for 15 seconds then switch legs. Repeat 5 times	5 min

Wednesday

Thursday	Cycling	The movement feels "somewhat hard"	55 min
	Stretching exercises for groin and hips	While sitting (e.g., on a park bench), lay your right foot on top of your left upper thigh and press your right knee in a downward/outward direction until it is level with the left knee. Hold for 15 seconds, then switch legs. 5 sets	5 min

Friday

Saturday	Brisk Cycling	Interval training: 10 minutes relaxed warm-up cycling 4 sets: 5 minutes brisk cycling ("hard"), 3 minutes relaxed cycling ("very light") 10 minutes relaxed warm-down cycling	55 min
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Sunday