










# A sample training plan for cycling with no previous sporting experience

## Background

This training plan acts as a guideline for people who are not very active in their everyday life, have no previous sporting experience and want start to exercising regularly. 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:

	No exertion at all Extremely light	
	Very light	➔ For example, walking at your own pace.
	Light	
	Somewhat hard	➔ But easily bearable
	Hard	
	Very hard	➔ You can continue, but have to grit your teeth
	Extremely hard Maximum exertion	



### 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.
- If you are unable to train for a week, then begin again with the plan for the previous week.
- Pedal lightly at around 90 pedal revolutions per minute as a threshold.
- After completing week 4, you can begin again with the week 1 plan. Or you can follow the week 1 plan and slightly increase the duration (e.g., 35 minutes instead of 30 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



## A sample training plan

### for cycling with no previous sporting experience

Day	Activity	Description	Approx. duration
<b>Week 1</b>			
Monday			
Tuesday	Relaxed cycling	Perceived as "very light" exertion	30 min
Wednesday			
Thursday	Relaxed cycling	Perceived as "very light" exertion	30 min
Friday			
Saturday	Go for a walk	Perceived as "very light" exertion	60 min
Sunday			
<b>Week 2</b>			
Monday			
Tuesday	Relaxed cycling Stretching exercises for the chest / Strengthening of the upper back	Perceived as "light" exertion 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 10 times	30 min
Wednesday			
Thursday	Relaxed cycling	Perceived as "light" exertion	30 min
Friday			
Saturday	Go for a walk	Perceived as "very light" exertion	60 min
Sunday			
<b>Week 3</b>			
Monday			
Tuesday	Relaxed cycling Exercises to loosen up the shoulders	Perceived as "light" exertion While standing, circle both arms forward, then backward. 30 seconds in each direction, 3 sets	35 min 5 min
Wednesday			
Thursday	Relaxed cycling Coordination exercises	Perceived as "light" exertion Standing on one leg, make large circles under your body with the free stretched leg. 2 x 2 minutes per leg (alternating)	35 min 10 min
Friday			
Saturday	Brisk cycling	<b>Interval training:</b> 10 minutes relaxed warm-up cycling, 3 minutes brisk cycling ("hard"), 5 minutes relaxed cycling ("very light"), 3 minutes brisk cycling ("hard"), 10 minutes relaxed warm-down cycling	30 min
Sunday			
<b>Week 4</b>			
Monday			
Tuesday	Relaxed cycling Stretching exercises for the neck and shoulders	Perceived as "light" exertion While standing, stretch one arm directly upwards, and the other downwards. Hold for 15 seconds while pushing the upper arm upwards and the lower hand lower. Switch arms, 3 sets	40 min 2 min
Wednesday			
Thursday	Relaxed cycling Coordination exercises	Perceived as "light" exertion Standing on one leg, make large circles under your body with the free stretched leg. 2 x 2 minutes per leg (alternating)	40 min 10 min
Friday			
Saturday	Brisk cycling	<b>Interval training:</b> 10 minutes relaxed warm-up cycling, 3 minutes brisk cycling ("hard"), 5 minutes relaxed cycling ("very light"), 3 minutes brisk cycling ("hard"), 5 minutes relaxed cycling ("very light"), 3 minutes brisk cycling ("hard"), 10 minutes relaxed warm-down cycling	40 min
Sunday			