


BEGINNERS' 30 KM CYCLING PROGRAMME


If you're new to cycling or have just brushed the dust off your bike, then this programme will help you to work up to cycling 30km at a comfortable pace.

GENERAL INSTRUCTIONS

- Warm up and cool down before and after every session by peddling 5 – 10 minutes at low intensity.
- After cooling down, do some stretching.
- Always get medical clearance before starting with any exercise programme.

DEFINITIONS AND GUIDELINES

 **Cadence (revolutions per minute, rpm):** The number of revolutions each leg performs in one minute.

 **Intramuscular triglyceride (IMTG) ride:** The IMTG session teaches the body to use fat as an energy source. Complete this exercise session at the start of the day while fasting (you should not have eaten since dinner the night before). By cycling while fasting, the body cannot use carbohydrates. If you exercise at a low intensity, your body switches to using a very high percentage of fat for fuel. The benefits of this session are increased fat burning, a leaner body and increased carbohydrates being available, which allow you to ride for longer and improved performance. This session is performed at an easy intensity in zone 2, lasting up to 1 hour and 30 minutes.

TARGET HEART RATES

Work out the recommended maximum heart rate (HRmax) for your age:

$$\text{HRmax} = 220 - \text{your age}$$

90% HRmax
 $(220 - \text{age}) \times 90\%$

Training effect: Approaching HRmax

Heart rate zone: 5

Perception of effort: Very hard

80% HRmax
 $(220 - \text{age}) \times 80\%$

Training effect: Increasing athletic performance

Heart rate zone: 4

Perception of effort: Hard

70% HRmax
 $(220 - \text{age}) \times 70\%$

Training effect: Improving aerobic fitness

Heart rate zone: 3

Perception of effort: Somewhat hard

60% HRmax
 $(220 - \text{age}) \times 60\%$

Training effect: losing weight and improving health

Heart rate zone: 2

Perception of effort: Moderate

50% HRmax
 $(220 - \text{age}) \times 50\%$

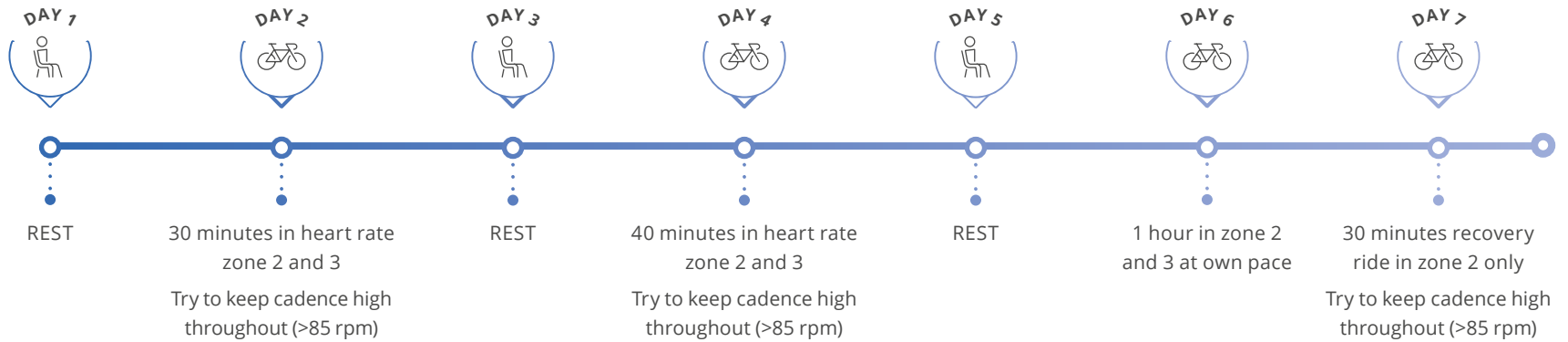
Training effect: starting to improve health or recovery session

Heart rate zone: 1

Perception of effort: Easy

THE PROGRAMME

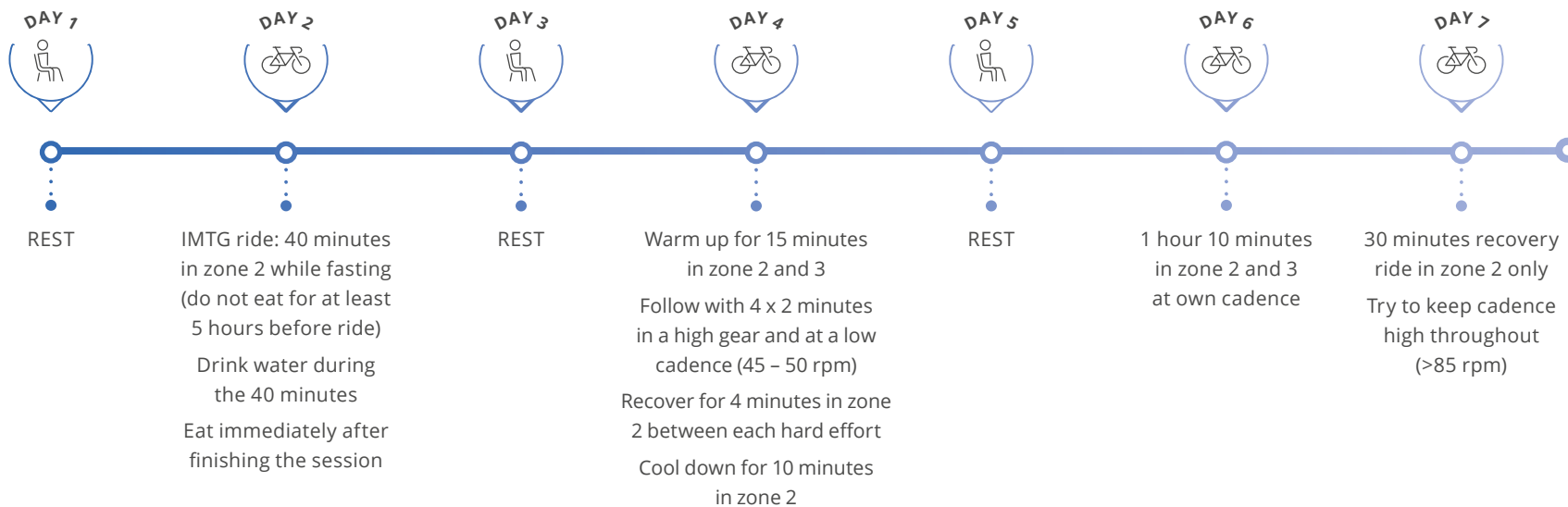
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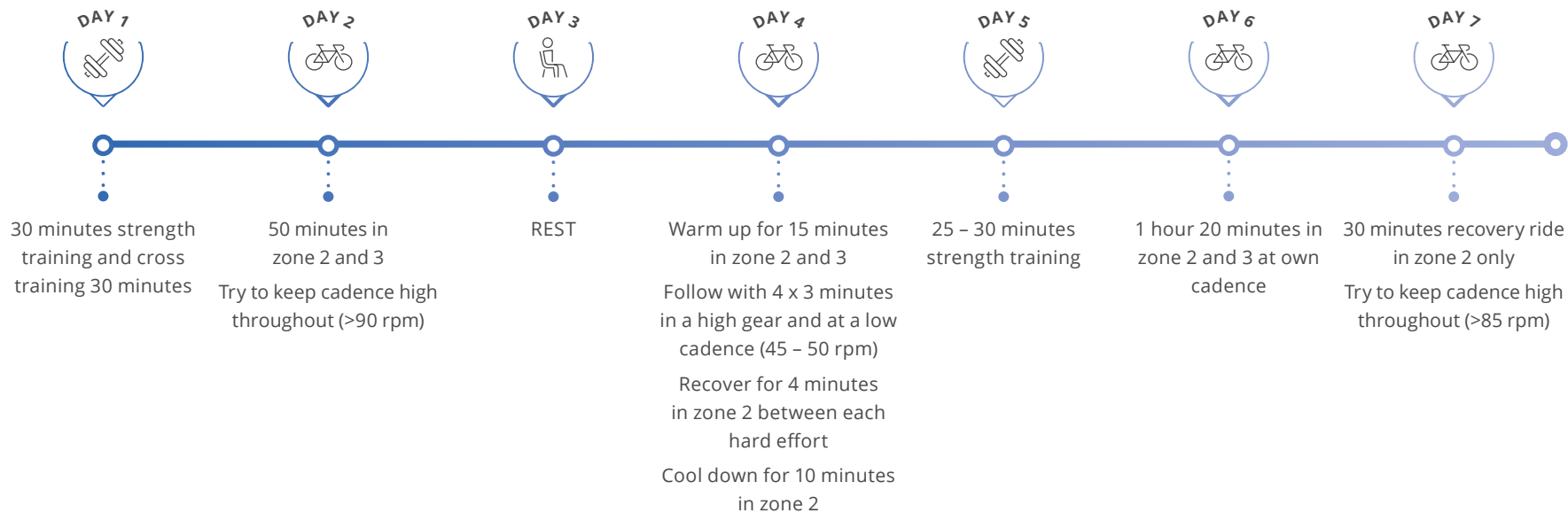
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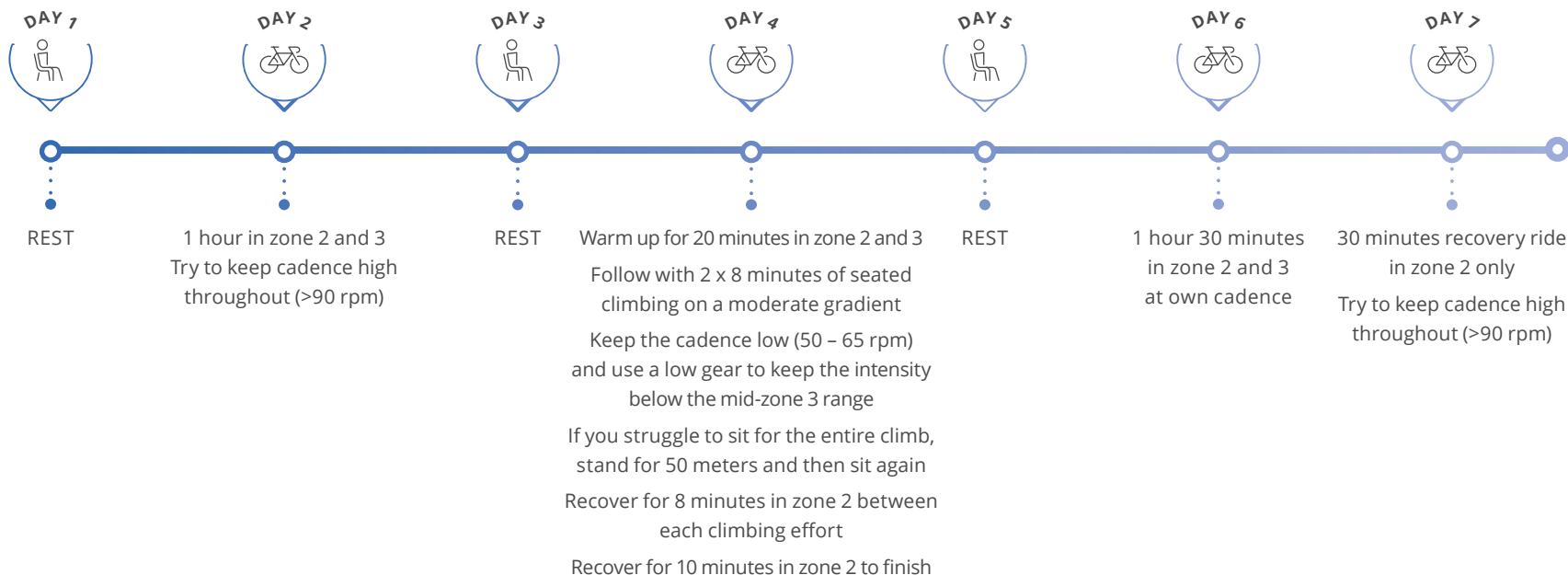
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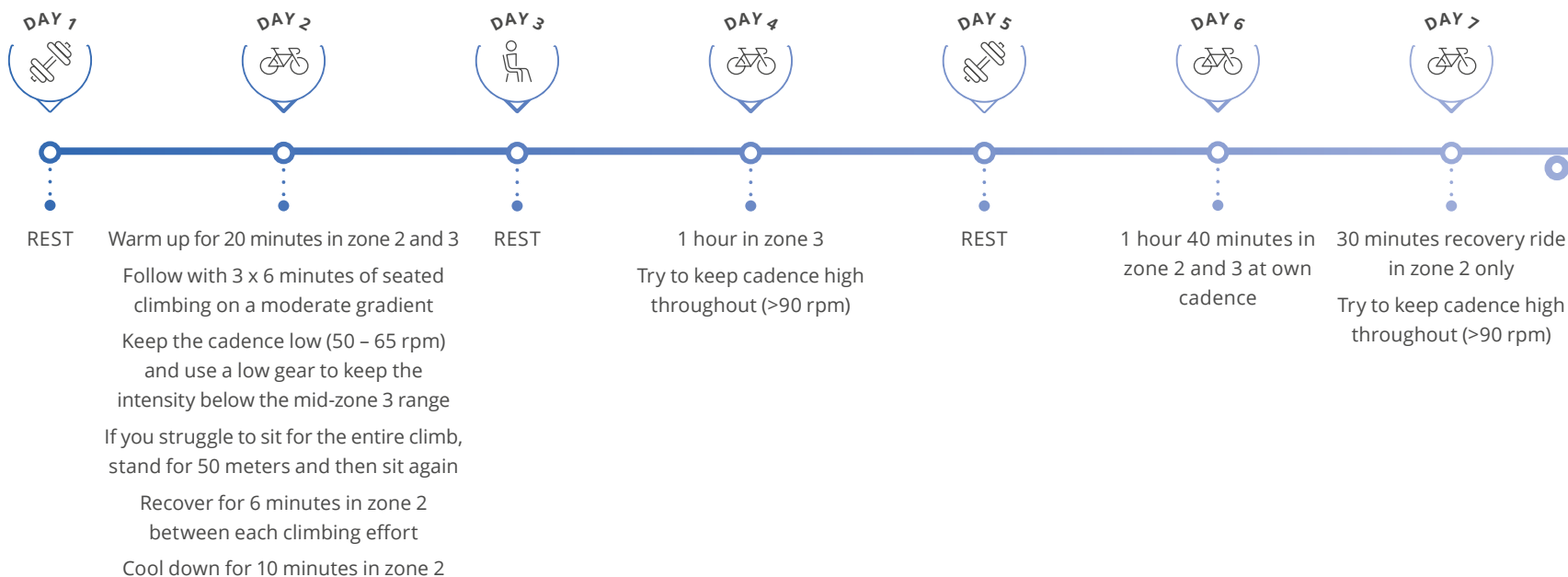
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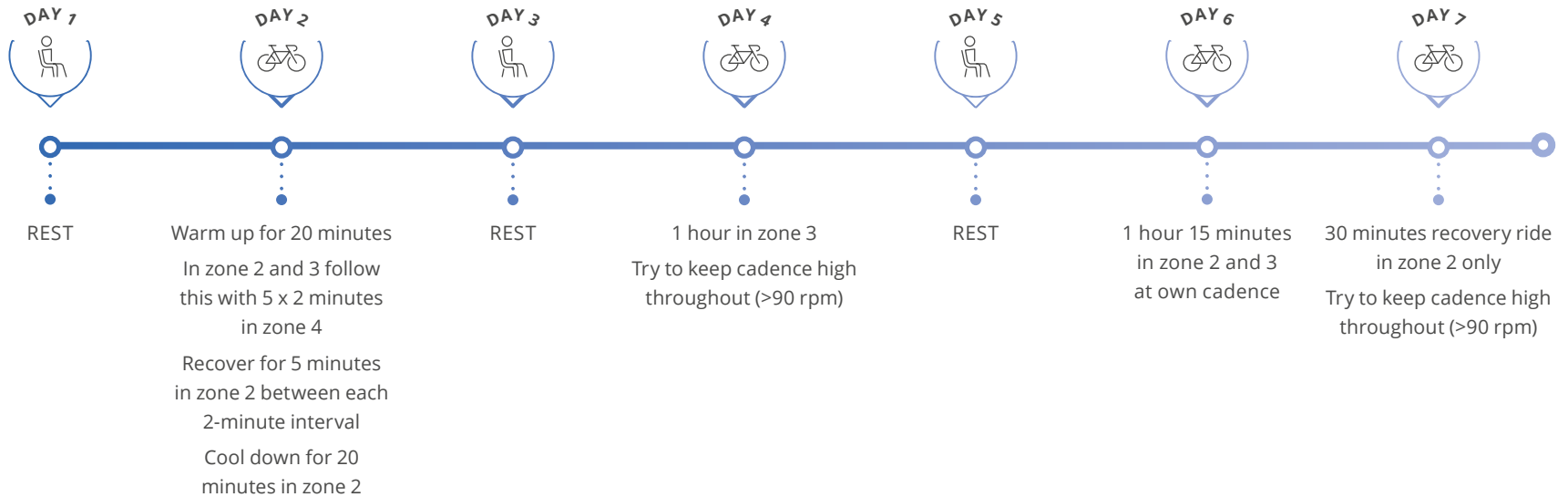
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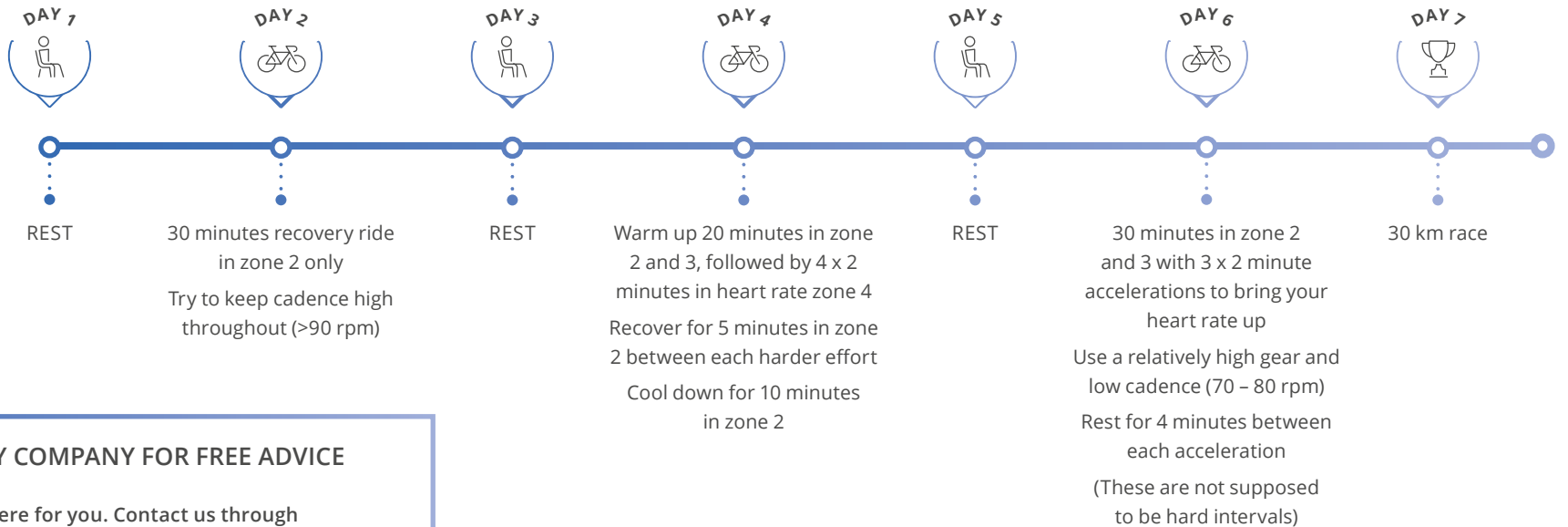
WEEK 6



WEEK 7



WEEK 8



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