

TRAINING CALENDAR

BEGINNER 3-6 HOURS A WEEK



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
WEEK 1 TRAINING	REST DAY LINK TRAINING BASICS FOR NEW AND NOT SO NEW RIDERS:	45MIN EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	45MIN EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY	REST DAY	ENDURANCE STRETCH RIDE: 1HR 30MIN RPE3, ZONE 2	3HRS/ 3 DAYS RIDING
WEEK 2 TRAINING	REST DAY LINK INTRODUCTION TO ZONES:	1HR EASY ENDURANCE RIDE, INCLUDING 2X10MIN 'MODERATE' EFFORTS RPE 5, WITH 5MIN RI ZONE 3	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY	REST DAY	ENDURANCE STRETCH RIDE: 1HR 45MIN RPE3, ZONE 2	3HRS 45MIN/ 3 DAYS RIDING
WEEK 3 TRAINING	REST DAY LINK MORE ON ZONES:	1HR 15MIN EASY ENDURANCE RIDE, INCLUDING 3X10MIN 'MODERATE' EFFORTS RPE 5, WITH 3MIN RI ZONE 3	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY	REST DAY	ENDURANCE STRETCH RIDE: 2HRS 15MIN RPE3, ZONE 2	4HRS 30MIN/ 3 DAYS RIDING
WEEK 4 TRAINING	REST DAY LINK DRESSING FOR SUCCESS!	45MIN EASY RECOVERY RIDE, RPE 2, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY	REST DAY	ENDURANCE STRETCH RIDE: 1HR 30MIN RPE3, ZONE 2 LINK TIPS TO MAKE YOUR TRAINING MORE SUCCESSFUL	3HRS 15MIN/ 3 DAYS RIDING
WEEK 5 TRAINING	REST DAY LINK GROUP RIDING ETIQUETTE:	1HR 15MIN EASY ENDURANCE RIDE, INCLUDING 3X10MIN 'FIRM' EFFORTS RPE 7, WITH 5MIN RI ZONE 4	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 15 EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY	REST DAY	ENDURANCE STRETCH RIDE: 2HRS RPE3, ZONE 2	4HRS 30MIN/ 3 DAYS RIDING
WEEK 6 TRAINING	REST DAY LINK NUTRITION BASICS	1HR 15MIN EASY ENDURANCE RIDE, INCLUDING 4X10MIN 'FIRM' EFFORTS RPE 7, WITH 5MIN RI ZONE 4	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 15 EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY	REST DAY	ENDURANCE STRETCH RIDE: 2HRS 45MIN RPE3, ZONE 2	5HRS/ 3 DAYS RIDING
WEEK 7 TRAINING	REST DAY LINK MENTAL SKILLS FOR DOING HARD THINGS	1HR 15MIN EASY ENDURANCE RIDE, INCLUDING 2X20MIN 'FIRM' EFFORTS RPE 7, WITH 5MIN RI ZONE 4	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 15 EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY	REST DAY	ENDURANCE STRETCH RIDE: 3HRS RPE3, ZONE 2	6HRS/ 3 DAYS RIDING
WEEK 8 TRAINING	REST DAY	REST DAY	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	45MIN EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY	REST DAY		45MIN + B2GC