

## 12 Week Beginner Bike Program (Sub 200 km Race)

### Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p><b>Bike</b> 30 min Easy pace</p> <p>Keep cadence where it feels natural</p>	OFF	<p><b>Bike</b> 30 min Variable pace</p> <p>Small chain ring only</p>	<p><b>Conditioning</b> As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p><b>Bike</b> 45 min Steady pace</p> <p>Pace should be difficult but maintainable for the entire time.</p> <p>Try to find some rolling hills</p>	OFF	<p><b>Bike: 1:45</b> <b>Conditioning: 1:00</b></p>
	<p><b>Conditioning</b> As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

## 12 Week Beginner Bike Program (Sub 200 km Race)

### Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p><b>Bike</b> 45 min Easy with 4 x 15s pick ups in the middle Pick ups are short increases in intensity. Ie. harder peddleing</p>	OFF	<p><b>Bike</b> 45 min Light hills Find a route that has some small hill. Don't race up them, but try and keep the pace up hills</p>	<p><b>Conditioning</b> As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p><b>Bike</b> 1:00 hr Easy and relaxed Play with different cadences a little to get a feel for differences in peddling</p>	OFF	<p><b>Bike: 2:30</b> <b>Conditioning: 1:00</b></p>
	<p><b>Conditioning</b> As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

## 12 Week Beginner Bike Program (Sub 200 km Race)

### Week 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p><b>Bike</b> 50 min Easy with 6 x 20s pick ups in the middle</p>	OFF	<p><b>Bike</b> 45 min Variable pace Get some hills in and push the pace as you feel</p>	<p><b>Conditioning</b> As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p><b>Bike</b> 1:15 hrs Steady</p>	<p><b>Bike</b> 30 min Easy</p>	<p><b>Bike: 3:30</b> <b>Conditioning: 1:00</b></p>
	<p><b>Conditioning</b> As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

## 12 Week Beginner Bike Program (Sub 200 km Race)

### Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p><b>Bike</b></p> <p>60 min as</p> <p>20 Easy</p> <p>6 x 2 min Steady, 1 min easy</p> <p>15 Easy</p>	OFF	<p><b>Bike</b></p> <p>45 min</p> <p>Steady</p>	OFF	<p><b>Bike</b></p> <p>1:30</p> <p>Easy</p> <p>Include all the hills you can find ☺</p> <p>The pace on the hills should be challenging, otherwise easy</p>	<p><b>Bike</b></p> <p>45 min</p> <p>Easy</p>	<p><b>Bike: 5:00</b></p> <p><b>Conditioning: 1:00</b></p>
	<p><b>Conditioning</b></p> <p><b>As you feel</b></p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>		<p><b>Conditioning</b></p> <p><b>As you feel</b></p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>				

12 Week Beginner Bike Program (Sub 200 km Race)

Week 5

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	Bike 30 min Easy with Hills	OFF	Bike 30 min Easy with 4 x10s pick ups in the middle	OFF	Bike 1:30 Easy	Bike 30 min Easy	Bike: 3:00 Conditioning: 1:00
	Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.			Conditioning As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.			

## 12 Week Beginner Bike Program (Sub 200 km Race)

### Week 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p><b>Bike</b></p> <p>50 min as 20 min easy 20 min Hill repeats 10 min easy</p> <p>The uphill should last 2+ mins, use the down as your recovery</p>	OFF	<p><b>Bike</b></p> <p>60 min as 20 min easy 20 min Steady 20 min easy</p>	<p><b>Conditioning</b></p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p><b>Bike</b></p> <p>2:00 hrs as 30 min easy 3 x 10 min Steady, 5 Easy 15 easy</p>	<p><b>Bike</b></p> <p>30 min Easy</p>	<p><b>Bike: 4:20</b></p> <p><b>Conditioning: 1:00</b></p>
	<p><b>Conditioning</b></p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

## 12 Week Beginner Bike Program (Sub 200 km Race)

### Week 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
OFF	<p><b>Bike</b></p> <p>1:20 hr as 30 min easy, 30 min hard Hill repeats, 20 min easy</p> <p>Hill repeats should be hard up for at least a couple of minutes, use the descents as your recovery. Do as many as you can in the 30min.</p>	OFF	<p><b>Bike</b></p> <p>1:00 hr</p> <p>Easy with 8 x20s accelerations in the middle</p>	<p><b>Conditioning</b></p> <p>As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p><b>Bike</b></p> <p>2:30 hrs with 3 x 12 min steady, 3min easy in the middle</p>	<p><b>Bike</b></p> <p>40 min Easy Recovery Ride</p>	<p><b>Bike: 5:30</b></p> <p><b>Conditioning: 1:00</b></p>



Conditioning

As you feel

This is at your  
discretion

I recommend signing  
up for a yoga class  
or at the very least  
do twenty minutes of  
stretching and core  
exercises from the  
conditioning  
program provided.

# 12 Week Beginner Bike Program (Sub 200 km Race)

## Week 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p><b>Bike</b> 1:00 Easy with 10 x15s pick ups in the middle</p>	<p><b>Bike</b> 1:30 hr as 30 min easy 5 x 4 min hard uphill, down hill recovery 20 min easy</p>	<p><b>OFF</b></p>	<p><b>Bike</b> 1:00 hr as 20 min easy 10 x 1 min Hard, 1.5 min easy 15 min easy</p>	<p><b>Conditioning</b> <b>As you feel</b> This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p><b>Bike</b> 3:00 with 3 x 15min steady, 3 min east in the middle Rolling hills</p>	<p><b>Bike</b> 30 min Very Easy</p>	<p><b>Bike: 7:00</b> <b>Conditioning: 1:00</b></p>
	<p><b>Conditioning</b> <b>As you feel</b> This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

# 12 Week Beginner Bike Program (Sub 200 km Race)

## Week 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p><b>Bike</b> 1:00 Easy with 10 x 15sec pickups in the middle</p>	<p><b>Bike</b> 70 min as 20 min easy 3 x 6min uphill (moderate grade), downhill recovery 15 min easy</p>	<p><b>OFF</b></p>	<p><b>Bike</b> 50 min Easy Play around with the cadence to find a comfortable gear</p>	<p><b>Conditioning</b> As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p><b>Bike</b> 2:30 min Easy with 2 x20 min steady, 5 min easy in the middle Rolling hills</p>	<p><b>Bike</b> 30 min Very Easy</p>	<p><b>Bike: 6:00</b> <b>Conditioning: 1:00</b></p>
	<p><b>Conditioning</b> As you feel This is at your discretion I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

# 12 Week Beginner Bike Program (Sub 200 km Race)

## Week 10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p><b>Bike</b> 1:00</p> <p>Easy with 10x20s accelerations in the middle</p>	<p><b>Bike</b> 1:30 hr as 20 min easy 5 x 6min uphill (moderate grade), downhill recovery 15 min easy</p>	<p><b>OFF</b></p>	<p><b>Bike</b> 1:10 min as 20 min easy 8 x 2 min hard, 2 min easy 15 min easy</p>	<p><b>Conditioning</b> As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p><b>Bike</b> 3:00</p> <p>with 4 x15 min steady, 3 min recoveries</p> <p>Rolling hills</p>	<p><b>Bike</b> 50 min Very Easy</p>	<p><b>Bike: 7:30</b> Conditioning: 1:00</p>
	<p><b>Conditioning</b> As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

# 12 Week Beginner Bike Program (Sub 200 km Race)

## Week 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<p><b>Bike</b> 1:00</p> <p>Easy with 10x20s accelerations in the middle</p>	<p><b>Bike</b> 2:00 hr</p> <p>Steady</p> <p>Lots of hills!</p> <p>All the hills you can find, mix up the paces</p>	<p><b>OFF</b></p>	<p><b>Bike</b> 1:00</p> <p>Steady</p>	<p><b>Conditioning</b> As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>	<p><b>Bike</b> 3:30 hrs</p> <p>2x30 min steady, 5 min easy</p> <p>rolling hills</p>	<p><b>Run</b> 30 min</p> <p>Easy</p> <p>Relaxing ride!</p>	<p><b>Bike: 8:30</b></p> <p><b>Conditioning: 1:00</b></p>
	<p><b>Conditioning</b> As you feel</p> <p>This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						

# 12 Week Beginner Bike Program (Sub 200 km Race)

## Week 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Summary
<b>OFF</b>	<p style="text-align: center; color: blue;"><b>Bike</b> 1:00</p> <p style="text-align: center; color: blue;">Easy with 6-8 short pick ups</p>	<b>OFF</b>	<p style="text-align: center; color: blue;"><b>Bike</b> 45 min</p> <p style="text-align: center; color: blue;">Easy last 15 steady</p>	<p style="text-align: center; color: orange;"><b>Conditioning</b> As you feel</p> <p style="text-align: center;">This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program</p> <p style="text-align: center;">Keep it easy this week</p>	<p style="text-align: center; color: blue;"><b>Bike</b> 30 min</p> <p style="text-align: center; color: blue;">easy with 4 x 10s pick ups just to keep the legs moving</p>	<p style="text-align: center; color: blue;"><b>Bike</b> <b>RACE DAY!!!!!!!!!!</b></p> <p style="text-align: center; color: blue;">☺</p> <p style="text-align: center;">Good luck and remember you have worked hard and you are ready!</p>	<p style="text-align: center; color: blue;"><b>Bike: 2:15 plus race</b></p> <p style="text-align: center; color: orange;"><b>Conditioning: 1:00</b></p>
	<p style="text-align: center; color: orange;"><b>Conditioning</b> As you feel</p> <p style="text-align: center;">This is at your discretion</p> <p>I recommend signing up for a yoga class or at the very least do twenty minutes of stretching and core exercises from the conditioning program provided.</p>						