

COUCH TO 20K CYCLING TRAINING PLAN



BikeTips

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Easy Ride 3 km	Easy Ride 4 km	Rest Day	20 Min Cross Training	Easy Ride 5 km	Rest Day	Long Ride 6 km
2	30 Min Cross Training	8 Sets of 1 Min Fast + 1 Min Slow Intervals*	Rest Day	Easy Ride 8 km	5 km Ride at 75% Max Heart Rate*	Rest Day	Long Ride 10 km
3	40 Min Cross Training	10 Sets of 1 Min Fast + 1 Min Slow Intervals*	Rest Day	Easy Ride 10 km	8 km Ride at 75% Max Heart Rate*	Rest Day	Long Ride 14 km
4	50 Min Cross Training	10 Sets of 90s Fast + 1 Min Slow Intervals*	Rest Day	Easy Ride 15 km	2 x 6 km Ride at 75% Max HR (with 1 min interval)*	Rest Day	Long Ride 18 km
5	Easy Ride 15 km	Cycle 20k!					

* For workouts marked with an asterisk, warm-up and cool-down with 5-minute easy rides before and after the interval training.

- **Walk By Effort, Not Pace** - Don't worry about how fast you're going. Just focus on using effort as your guide.
- **Invest in some Cycling Gear** - Cycling should be fun, but dodgy equipment that keeps letting you down can get in the way.
- **Set a Schedule** - Routine is king. Pick a time of day to get your walking in and stick to it.
- **Plan Your Routes** - Try out new routes to keep your walks fun, motivating, and engaging.
- **Walk with a Friend** - Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- **Fuel Like An Athlete** - Treat your body like the athlete you're becoming!
- **Stay Hydrated!**

Check out the full Couch to 20k Cycling Training Plan (and much more!) at BikeTips.com

BikeTips

Cycling For Fitness

**Marla Streb, Editors of Bicycling
Magazine**



Cycling For Fitness:

7-Week Cycling for Fitness Chris Sidwells,2006-02-20 Featuring a tailor made seven week workout that will kick start any cyclist s quest for fitness this book will help anyone get fit fastwhile having fun Fast fun exercises for all ages and fitness levels Includes workouts for road off road and indoor bikes Contains a nutritional and supplementary exercise program A structured program to get fit fast

Fitness Cycling Shannon Sovndal,2013 *The Bicycling Big Book of Training* Danielle Kosecki,Editors of Bicycling Magazine,2015-02-24 The Bicycling Big Book of Training is an encouraging focused training book that will speak to beginner and intermediate cyclists without making them feel like novices It covers all the information the reader needs to begin an effective training regimen The book is divided into five sections that are then broken into miniguide for various cycling training disciplines Cyclists will learn about how the body becomes fit and how that fitness translates to on the bike performance while discovering the components of a successful training plan including nutrition Furthermore riding disciplines such as road racing endurance events cyclocross mountain biking and track are discussed at length so readers can figure out which activities are right for them The Bicycling Big Book of Training is an excellent guide for anyone who wants to learn more about cycling and take their performance to the next level *Richard's Cycling for Fitness* John Schubert,Richard Ballantine,1988 A comprehensive guide to bicycling featuring training programs and specific information on ways to improve physical fitness through bicycling with added tips on buying a bicycle

The Time-Crunched Cyclist Chris Carmichael,Jim Rutberg,2017-03-07 The Time Crunched Cyclist reveals the fastest way to get fit for road racing century rides gravel grinders cyclocross Gran Fondos and mountain bike events With elite cycling coach Chris Carmichael s innovative time saving approach busy cyclists will develop fitness speed and power in just 6 hours a week Now powered by Strava this updated third edition of The Time Crunched Cyclist training program taps into the most popular cycling social network to help cyclists get fired up to crush their workouts one segment at a time Through his popular endurance coaching service Carmichael noticed that many busy cyclists are unable to make performance gains using conventional training methods they simply don t have enough time to train So CTS developed a new approachthe Time Crunched Training Programto help cyclists achieve competitive fitness and power without the impossible time demands of traditional training methods The Time Crunched Cyclist shows cyclists how to build fitness on a realistic schedule by tapping the power of high intensity interval training HIIT workouts Cyclists learn the science behind this alternative approach to training before performing the CTS field tests to get a baseline reading of their fitness Nine comprehensive training plans include effective time crunched workouts nutrition guidelines and strength training to develop the speed and endurance for a wide variety of cycling races and events The new Time Crunched Training Plans cover New and Experienced plans for criteriums road races and cyclocross New Experienced and Competitive plans for century rides and Gran Fondos Gravel racing and ultraendurance mountain biking plans Intermediate and Advanced plans for commuters This new third edition

integrates Strava the popular ride tracking and analysis program Powered by Strava the Time Crunched program becomes interactive social highly motivating and focuses riders on the training data that matters most It also adds the Time Crunched Diet a sports nutrition approach designed to help riders optimize their power to weight ratio with new guidelines on eating behaviors and delicious recipes from chefs Michael Chiarello and Matt Accarrino A new chapter on hydration and managing heat stress will show athletes simple ways to avoid overheating that lead to better performance The Time Crunched Cyclist can help you capture your best performance all in the time you have right now

Cycling for Health, Fitness and Well-being James C. McCullagh, 1995 Resource guide for bicyclers with information on different types of bikes best clothing and gadgets to use tackling all types of terrain plus a weight loss program and training schedule *Bicycling for Fitness* Gustav Mark Gedatus, Gus Gedatus, 2001 Annotation In today's fast paced fast food world teens are increasingly at risk for health problems related to poor nutrition and lack of exercise The LifeMatters series includes easy to follow fitness plans delicious recipes and essential information that can help teens fit health and wellness into their busy lives These books introduce and explore key concepts as defined by the National Health Education Standards and the National Standards for School Counseling Programs [Bicycling Magazine's Century Training Program](#) Marla Streb, Editors of Bicycling Magazine, 2006-03-21 Bicycling Magazine's Century Training Program presents a complete training program for riding and enjoying cycling's fastest growing challenge To ride a century means to cover 100 miles in a day no small feat for riders at any level But the century is becoming cycling's equivalent of the marathon with more and more century events scheduled for thousands of riders across the country Now champion pro cyclist Marla Streb provides a thorough manual for anyone who wants to train for this distance She offers guidelines for customizing a training plan based on fitness level and century pace goal getting proper bike fit and choosing the right equipment training and ride day strategies for optimal fueling and hydration Backed by Bicycling magazine the world's leading bike magazine and a proven authority on long distance cycling this book is an indispensable guide for recreational and competitive cyclists alike [The Cycling Bible](#) Chris Sidwells, 2023-03-02 The Cycling Bible by renowned cycling author and journalist Chris Sidwells is a comprehensive guide to help you get the most out of cycling whether you go road cycling gravel riding mountain biking or enjoy any other kind of two wheeled fun Based on the author's extensive experience and research this book collates the knowledge you will need to specifically train for the technical physical and mental aspects of cycling training It includes riding positions strength and conditioning endurance training the psychological side of training tailoring nutrition to your goals and bringing it all together to create your own training plan It also deals with choosing the right bike for you making essential safety checks and carrying out maintenance Extensively illustrated packed full of action photos The Cycling Bible will help and motivate you to improve and develop as a cyclist and find even more joy in this fantastic sport [Bicycling Maximum Overload for Cyclists](#) Jacques DeVore, Roy Wallack, 2017-06-13 Bicycling Maximum Overload for Cyclists is a radical strength based training

program aimed at increasing cycling speed athletic longevity and overall health in half the training time Rather than improving endurance by riding longer distances you ll learn how to do it by reducing your riding time and adding heavy strength and power training Traditionally cyclists and endurance athletes have avoided strength and power training believing that the extra muscle weight will slow them down but authors Jacques DeVore and Roy M Wallack show that exactly the opposite is true The Maximum Overload program uses weightlifting to create sustainable power and improved speed while drastically reducing training time and eliminating the dreaded deterioration that often occurs during the second half of a ride A 40 minute Maximum Overload workout done once or twice a week can replace a long day in the saddle and lead to even better results This comprehensive program includes unique takes on diet interval training hard and easy training and sustainable power Backed by the most trusted authority in the sport Bicycling Maximum Overload for Cyclists is a book that no cyclist should be without Ride Inside Joe Friel,Jim Rutberg,2020-10-06 From bad weather to business travel to traffic safety there are dozens of reasons why cyclists and triathletes take their rides inside Although indoor cycling workouts offer the ultimate control over workout conditions most inside riders don t get the most out of their trainers or spin bikes From bad weather to business travel to traffic safety there are dozens of reasons why cyclists and triathletes take their rides inside Although indoor cycling workouts offer the ultimate control over workout conditions most inside riders don t get the most out of their trainers or spin bikes RIDE INSIDE offers cyclists and triathletes a smart guide to getting more fitness from every indoor cycling workout From the world s most experienced personal cycling coach Joe Friel RIDE INSIDE reveals all the unique aspects of indoor riding Mental aspects like motivation focus and enjoyment Changes in upper body stability posture and pedaling technique on a stationary bike Respiration hydration and cooling Inherent changes in power output Lower leg tension and eccentric loading from flywheel momentum Lower effort from lack of terrain changes headwinds and crosswinds Road like feel Different shifting patterns All these differences of indoor riding add up to a big impact when the rubber hits the road Drawing from the foundations of Friel s classic training guides The Cyclist s Training Bible and The Triathlete s Training Bible RIDE INSIDE shows how to apply smart and proven training concepts to indoor cycling Riders will get expert guidance on the best ways to set up a trainer or smart trainer how to modify outdoor workouts for indoor cycling how to better monitor power and RPE and how to use social online training platforms like Zwift to make training better and not worse Most critically RIDE INSIDE shows cyclists and triathletes how to do indoor cycling workouts that actually meet their training goals instead of compromising **Cycling Workout Handbook** Terri Schneider,2018-10-23 A workout collection for both fitness cyclists and multi sport athletes Whether cycling for fun and fitness or training for a century ride The Cycling Workout Handbook is your comprehensive training resource from top multi sport athlete and coach Terri Schneider The Cycling Workout Handbook includes training programs with calculated periodization and regular recovery cycles for maximum fitness benefit The Cycling Workout Handbook provides easy to follow programs divided weekly and by athletic

level Training tips and expert notes are included as well as gear recommendations

Cycling Scotland's North Coast Nicolas Mitchell, 2018-10-08 This cycling guidebook follows the course of a new cycling route around the North Coast of Scotland described as Scotland's own Route 66 Since its launch in 2015 this route branded as North Coast 500 NC500 has proved to be a resounding success with motorists motorcyclists and cyclists flocking to Inverness to put rubber to the road driving and riding through some of the most spectacular scenery in the United Kingdom This guidebook is aimed specifically at cyclists describing the entire coastal route over seven stages A sketch plan elevation graphs and turn by turn directions are given to each stage points of interest are highlighted and in many cases illustrated helpful sections on travel to Inverness nutrition navigation and emergency cycle repairs alternative route is offered to the busy and challenging A9 section south of Wick and finally a full list of accommodation providers to suit all budgets

The Bicycle Fitness Book Rob Van Der PLAS, 1989

[Bike for Life](#) Roy M. Wallack, Bill Katovsky, 2005-05-09 Ride a century when you turn a century

Fitness and Exercise Sourcebook Dan R. Harris, 1996 Physical fitness is often defined as the ability to perform typical activities and chores such as raking leaves or cleaning windows without getting fatigued Achieving this level of fitness requires a regimen of moderate aerobic activity such as walking cycling swimming or jogging for only 20 to 30 minutes 3 or 4 days a week Currently only one fourth of the U S population is engaged in light to moderate physical activity This statistic is alarming since research has shown that physical activity is linked to reducing risk of chronic diseases such as diabetes cancer and heart disease now the leading causes of death in the United States The Fitness and Exercise Sourcebook provides the layperson with the latest information regarding physical activity and its benefits to healthy living

[Tom Danielson's Core Advantage](#) Tom Danielson, Allison Westfahl, 2013-01-01 Tom Danielson's Core Advantage offers a simple highly effective core strength program for cyclists This comprehensive approach shows the 50 essential core workout exercises that will build strength and endurance in the key core muscles for cycling no gym membership required Professional cyclist Tom Danielson used to have a bad back He shifted in the saddle never comfortable often riding in pain Hearing that core strength could help his back he started doing crunches which made matters worse He turned to personal trainer Allison Westfahl for a new approach Danielson and Westfahl developed all new core exercises to build core strength specifically for cycling curing Danielson's back problems Better yet Danielson found that stronger core muscles boosted his pedaling efficiency and climbing power Using Danielson's core exercises cyclists of all abilities will enjoy faster pain free riding Cyclists will perform simple exercises using their own body weight to build strength in the low back hips abs chest and shoulders without adding unwanted bulk and without weights machines or a gym membership Each Core Advantage exercise complements the motions of riding a bike so cyclists strengthen the right muscles that stabilize and support the body improving efficiency and reducing the fatigue that can lead to overuse injuries and pain in the back neck and shoulders Beginner intermediate and advanced training plans will help bike racers century riders and weekend warriors to build core strength throughout the season Each

plan features warm up stretches and 15 core exercises grouped into workouts for injury resistance better posture improved stability and bike handling endurance and power Westfahl explains the goal for each exercise which Danielson models in clear photographs Riding a bike takes more than leg strength Now Tom Danielson's Core Advantage lays out the core strengthening routines that enable longer faster rides

The Complete Practical Encyclopedia of Running, Cycling and Fitness Training Andy Wadsworth, Elizabeth Hufton, Edward Pickering, 2011 This fantastic practical volume is the perfect way to find out how you can become a better runner begin cycling and improve your personal fitness Designed to be accessible whatever your level of experience the book guides you through the basics of each discipline including warming up nutrition and essential equipment and provides individual training plans to build up your ability and even introduce you to competitions and races The first section of the book is Running which looks at the range of activities available from gentle jogging to long distance marathons There are essential tips on basics such as pre run stretching avoiding injury and how to find the right clothing and shoes Expert advice tells you how to get involved in local or national running clubs and events how to prepare and what to do on the day There are ideas for self motivation tactics and a range of typical training schedules for all levels of experience The Cycling section covers several different styles of bicycle from road bikes for urban cycling to touring bikes for long trips mountain bikes for thrill seekers and sportives for competitive cycling races Introductory chapters explain basic riding skills safety and how to cycle for fitness while chapters on riding for pleasure fast riding and road racing show you the many different ways you can explore the great outdoors from the saddle of your bike The third section on Fitness Training offers takes you through cardio vascular training resistance training and exercises for improving flexibility and core stability There is advice on the best equipment to use for your particular needs detailed instructions on how to use it safely efficiently and for optimum results plus a series of workouts using weights with dedicated exercises for different parts of the body An important final chapter looks at nutrition and helps you to find the right foods to complement your fitness regime Written by leading experts and illustrated with over 1350 stunning colour photographs this practical reference is the perfect book for amateur runners cyclists and trainers as well as experienced practitioners looking to improve their technique and progress

Bike Your Butt Off! Selene Yeager, Leslie Bonci, 2014-03-18 Given our struggling economy as well as the national struggle to maintain our waistlines cycling is enjoying a renaissance as more than 57 million people in the United States use bicycles regularly Now Bicycling's Fit Chick presents a brand new 12 week weight loss and exercise plan for beginner and experienced cyclists alike Whether readers have just a little bit of weight to lose or a lot Bike Your Butt Off will help them meet their weight loss goals in no time thanks to its expert tested food and exercise plans from authors Selene Yeager and Leslie Bonci By outlining basic rules of the road social elements of cycling and the sustaining weight loss benefits of cycling Bike Your Butt Off distills the core fundamentals of cycling so that any beginner can adopt it as a lifelong endeavor With delicious nutritional information tips training plans and fat burning and heart pumping exercises to

help maximize workouts readers will see the pounds melt off while having the time of their lives **Cycling Past 50** Joe Friel, 1998 Provides a training schedule exercises nutritional guidelines equipment suggestions and tips on technique for safe and healthy cycling for the middle aged

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