

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 Success

Annelies Wilder-Smith



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genre drama storyline a view from the bridge 1962 eddie carbone a brooklyn longshoreman is unhappily married to beatrice and unconsciously in love with catherine the niece that they have raised from childhood into his house come two brothers illegal immigrants marco and rodolpho catherine falls in love with rudolpho and eddie

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what s up with the title imagine you re standing on the brooklyn bridge a strong breeze rushes up from the east river down below the wind slams into your face bringing the smell of the river the ocean beyond it and probably a big whiff of car exhaust you look to one side and see the giant gleaming buildings of manhattan

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a view from the bridge summary the play begins with alfieri who serves as the play s narrator alfieri is a lawyer who was born in italy and has great sympathy for his working class clients he tells of how certain cases make him think of italy even of

ancient rome he introduces eddie and walks off the stage

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in brooklyn eddie carbone welcomes his sicilian cousins to the land of freedom but when one of them falls for his beautiful niece they discover that freedom comes at a price eddie s jealous mistrust exposes a deep unspeakable secret one that drives him to commit the ultimate betrayal ivo van hove directs mark strong and nicola

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unlock explanation on the evening that rodolpho and marco arrive soon after rodolpho has sung paper doll eddie has just watched catherine and rodolpho flirt and mr alfiere is addressing the audience directly he emphasizes that eddie is an ordinary man whose life had been on an ordinary track until this point

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in a view from the bridge the climax is discovered when at the end of the play marco turns the knife on eddie and kills him colloquialism the use of expressions and grammar associated with ordinary everyday speech rather than formal language which alfiere uses the speech of catherine eddie and beatrice is regarded as colloquial

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