

# 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](http://BikeTips.com)

**BikeTips**

# Guide To Beginning Cycling

**N Noddings**



## **Guide To Beginning Cycling:**

## Unveiling the Power of Verbal Artistry: An Emotional Sojourn through **Guide To Beginning Cycling**

In a global inundated with displays and the cacophony of quick communication, the profound power and psychological resonance of verbal artistry often disappear into obscurity, eclipsed by the constant barrage of noise and distractions. Yet, nestled within the musical pages of **Guide To Beginning Cycling**, a captivating function of literary brilliance that impulses with raw emotions, lies an unique journey waiting to be embarked upon. Published by a virtuoso wordsmith, this magical opus books visitors on a psychological odyssey, gently exposing the latent potential and profound affect stuck within the complex internet of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is central themes, dissect its interesting writing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

<https://media.cfan.org/results/publication/fetch.php/complete%20beginner%20guide%20to%20start%20ai%20side%20hustle%20that%20actually%20works%20batch20%201375.pdf>

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