

# 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)

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# Guide To Beginning Cycling

**L Manion**



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**tiens ils ont repeint yves pagès Éditions la découverte** - Aug 15 2023

web il anime avec Jeanne Guyon les Éditions Verticales et a publié une quinzaine de livres dont Petites Natures Mortes au travail 2000 le théoriste 2001 souviens moi 2014 tiens ils ont repeint 50 ans d'aphorismes urbains de 1968 à nos jours 2017 ou il était une fois sur cent

**tiens ils ont repeint** - May 12 2023

web tiens ils ont repeint ce n'est pas juste une blague ce texte est une traduction collaborative d'un fil twitter de Jason P. Steed 5thCircAppeals écrit le 9 août 2016 fait

**tiens ils ont repeint yves pagès babelio** - Nov 06 2022

web oct 26 2017 on dit des murs qu'ils ont des oreilles mais sait-on qu'ils murmurent celles et ceux qui depuis le milieu du XIX<sup>e</sup> siècle s'emploient illégalement à y laisser des traces avec craie charbon feutre pinceau ou bombe aérosol l'ont bien compris les murs nous interpellent

**repeindre conjugaison la conjugaison de repeindre 20 minutes** - Feb 26 2022

web repeindre conjugaison découvrez la conjugaison du verbe repeindre au présent passé composé imparfait passé simple futur simple plus que parfait