

TherapySOUTH 8 WEEK Couch to 10 or 30 mile Cycliad Training

RATE OF PERCEIVED EXERTION (RPE)


This is a scale that you can use to determine the intensity of your cycling effort and change your exertion as indicated in the chart to achieve the best training result.

For our cycling training we will use these values:

3/4: At this level you should be able to maintain a full conversation while riding.

5/6: At this level, you should still be able to talk, but only in short sentences.



WK	GOALS	Early Week	Late Week	Weekend	Group Rides
#1 JAN 28	<ul style="list-style-type: none"> •Get ready to ride •Correct bike set up •Learn the intensity you should ride at 	RIDE: (indoor or out) 30 min (30 milers) 20 min (10 milers) RPE 3/4	RIDE: (indoor or out) 30 min (30 milers) 20 min (10 milers) RPE 3/4	10 miles/45 min (30 milers) 5 miles (10 milers) Easy paced	FEB 2 OR 3* Group Ride at LAKESHORE (10 and 30 milers) *depending on weather
#2	<ul style="list-style-type: none"> •Learn to drink from a bottle while riding •Make appt to get your bike serviced 	RIDE: (indoor or out) 45 min (30 milers) 20 min (10 milers) RPE 3/4	RIDE: (indoor or out) 45 min (30 milers) 30 min (10 milers) RPE 3/4	15 miles/60 min (30 milers) 5-10 miles (10 milers) Easy paced	FEB 9 or 10* Group Ride at LAKESHORE (10 and 30 milers) *depending on weather
#3		RIDE: (indoor or out) 60 min (30 milers) 30 min (10 milers) RPE 3/4	RIDE: (indoor or out) 45 min (30 milers) 30 min (10 milers) RPE 3/4 build to 5/6	20 miles/90 min (30 milers) Easy paced	•Take a sip from your water bottle every 10 min
#4	Google "Proper Snot Rocket Technique" 😊	RIDE: (indoor or out) 60 min (30 milers) 30 min (10 milers) RPE 3/4	RIDE: (indoor or out) 45 min (30 milers) 30 min (10 milers) RPE 5/6	25-30 miles/120 min (30 milers) 30 min (10 milers)	FEB 23 or 24* Group Ride/LAKESHORE 25-30 miles (2 hours) 10 milers/30 min *depending on weather
#5	EASY WEEK!	RIDE: (indoor or out) 30-45min (30 milers) 20 min (10 milers) RPE 3/4	RIDE: (indoor or out) 60 min (30 milers) <u>Include 1-2 Hills</u> 20 min (10 milers) RPE 3/4	60 min (30 milers) 20 min (10 milers)	
#6	Learn how to manage your effort on hills so you don't waste all your energy on climbs	RIDE: (indoor or out) 60 min (30 milers) 30 min (10 milers) RPE 3/4	RIDE: (indoor or out) 45 min (30 milers) 30 min (10 mile) RPE 5/6	30 MILES/2.5 hr (30 milers) 30 MINUTES (10 milers) Include hills	3/9 Group Ride 30 MILES /2.5 hr 10 milers/30 min
#7	TAKE ON THE HILL (30 milers)	RIDE: (indoor or out) 45 min (30 milers) 30 min (10 milers)	WED MARCH 13 30 MILERS Group Ride up Cemetery Hill	90 min (30 milers) 30 min (10 milers) Easy paced but include some hills	
#8		RIDE: (indoor or out) 30 min (30 milers) 20 min (10 milers) RPE 3/4	RIDE: (indoor or out) 30 min (30 milers) 20 min (10 milers) RPE 3/4	LET'S RIDE! 	

REST DAYS: You need at least one day of rest a week

CROSS TRAINING: 1-2 days/ week you don't cycle, cross-training is encouraged: weights, walking, stretching, yoga, pilates, fitness classes