Bicycling

20 WEEK BEGINNER CENTURY TRAINING PLAN

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	REST	30 min low + 10-20 min core	1 hr low	30 min low	rest/walk	1 hr mod hilly	1 hr low
2	REST	30 min low + 10-20 min core	1 hr low	30 min low	rest/walk	1 hr mod hilly	1.5 hr low
3	REST	30 min low + 10-20 min core	1 hr low	30 min low	rest/walk	1 hr mod hilly	1.5 hr low
4	REST	30 min low + 10-20 min core	rest/walk	30 min low	rest/walk	Local Hill Test	1-2 hr low
5	REST	45 min low + 10-20 min core	1.5 hr low	45 min low	10-20 min core + walk	1.5 hr mod hilly	1-2 hr low
6	REST	45 min low + 10-20 min core	1.5 hr low	45 min low	10-20 min core + walk	1.5 hr mod hilly	1-2 hr low
7	REST	45 min low + 10-20 min core	1.5 hr low	45 min low	10-20 min core + walk	1.5 hr mod hilly	1-2 hr low
8	REST	30 min low + 10-20 min core	rest/walk	30 min low	rest/walk	Local Hill Test	1-2 hr low
9	REST	45 min low + 10-20 min core	1.5 hr w/ 20-30 min mod	45 min low	10-20 min core + walk	2 hr w/ 20-30 min mod	1.5-3 hr low
10	REST	45 min low + 10-20 min core	1.5 hr w/ 20-30 min mod	45 min low	10-20 min core + walk	2 hr w/ 20-30 min mod	1.5-3 hr low
11	REST	45 min low + 10-20 min core	1.5 hr w/ 20-30 min mod	45 min low	10-20 min core + walk	2 hr w/ 20-30 min mod	Big Ride
12	REST	30 min low + 10-20 min core	rest/walk	30 min low	rest/walk	Local Hill Test	1-2 hr low
13	REST	45 min low w/ 3-5 x 30 sec high + 10-20 min core	1.5 hr w/ 30-40 min mod	45 min low	10-20 min core + walk	2 hr w/ 30-40 min mod	2-4 hr low
14	REST	45 min low w/ 3-5 x 30 sec high + 10-20 min core	1.5 hr w/ 30-40 min mod	45 min low	10-20 min core + walk	2 hr w/ 30-40 min mod	3-5 hr low
15	REST	45 min low w/ 3-5 x 30 sec high + 10-20 min core	1.5 hr w/ 30-40 min mod	45 min low	10-20 min core + walk	2 hr w/ 30-40 min mod	Big Ride
16	REST	30 min low + 10-20 min core	rest/walk	30 min low	rest/walk	Local Hill Test	2-3 hr low
17	REST	45 min low w/ 3-5 x 45 sec high + 10-20 min core	1.5 hr w/ 30-40 min mod	45 min low	10-20 min core + walk	2 hr w/ 40 min mod	3-4 hr low
18	REST	45 min low w/ 3-5 x 45 sec high + 10-20 min core	1.5 hr w/ 30-40 min mod	45 min low	10-20 min core + walk	2 hr w/ 40 min mod	2-3 hr low
19	REST	45 min low w/ 3-5 x 45 sec high + 10-20 min core	1.5 hr w/ 30-40 min mod	45 min low	10-20 min core + walk	2 hr w/ 40 min mod	1-2 hr low
20	REST	30 min low + 10-20 min core	rest/walk	30 min low	rest/walk	45 min low w/ 3-5 x 45 sec high	CENTURY RIDE!