

BEGINNERS RIDING GUIDE

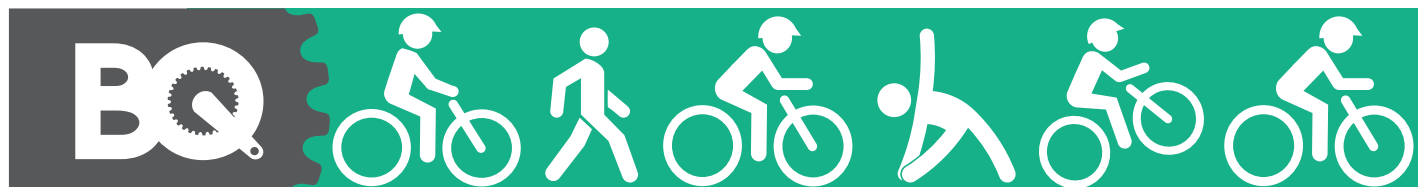
100KM MONTH



WEEK	ESTIMATED RIDING TIME (HOURS)	FOCUS
1	1-2	<ul style="list-style-type: none"> - SPEND SOME TIME GETTING YOUR BIKE IN GOOD ORDER (ABC BIKE CHECK) - PLAN YOUR BREAKS AND TAKE SNACKS - RIDE NO LONGER THAN 20 MINUTES WITHOUT STOPPING
2	1-2	<ul style="list-style-type: none"> - RIDE WITH PLENTY OF REST STOPS - PLAN A RIDE WITH A MEET UP FOR LUNCH OR A PICNIC HALF WAY THROUGH - RIDE NO LONGER THAN 30 MINUTES WITHOUT STOPPING
3	2-3	<ul style="list-style-type: none"> - AIM FOR YOUR LONGEST RIDE. ALWAYS EASIER WITH FRIENDS AND FAMILY. - RIDE WITH FRIENDS AND SHARE YOUR RIDING STORIES
4	1-2	<ul style="list-style-type: none"> - COMMUTE TO WORK OR SCHOOL WITHOUT STOPPING - REVISIT YOUR FAVOURITE RIDE FROM THE MONTH - PLAN A HOLIDAY THAT INVOLVES CYCLING

DAY	STANDARD WEEKLY SCHEDULE	
MONDAY	<ul style="list-style-type: none"> - ABC BIKE CHECK DAY - WALK THE DOG AND FIND YOUR NEAREST CYCLE PATH 	
TUESDAY	<ul style="list-style-type: none"> - COMMUTE ONE WAY TO WORK/SCHOOL WITH REST STOPS ALONG THE WAY OR RIDE FROM HOME TO THE NEAREST CYCLE PATH (5-10KM 20-30 MINUTES) 	
WEDNESDAY	<ul style="list-style-type: none"> - RIDE AROUND THE BLOCK WITH THE FAMILY/FRIENDS - RIDE TO THE LOCAL PARK OR RIDE 5-10KM (10-20 MINUTES) 	
THURSDAY	<ul style="list-style-type: none"> - REST DAY - WALK AROUND THE BLOCK 	
FRIDAY	<ul style="list-style-type: none"> - REST DAY - LIGHT STRETCH OR YOGA 	
SATURDAY	<ul style="list-style-type: none"> - PLAN FOR A LONGER RIDE WITH FAMILY AND FRIENDS ON FLAT ROADS (10-15KM 20-30 MINUTES) - TAKE PLENTY OF WATER AND TAKE SUFFICIENT REST STOPS 	
SUNDAY	<ul style="list-style-type: none"> - REST DAY 	

*Riding with the ability to hold a conversation without being out of breath










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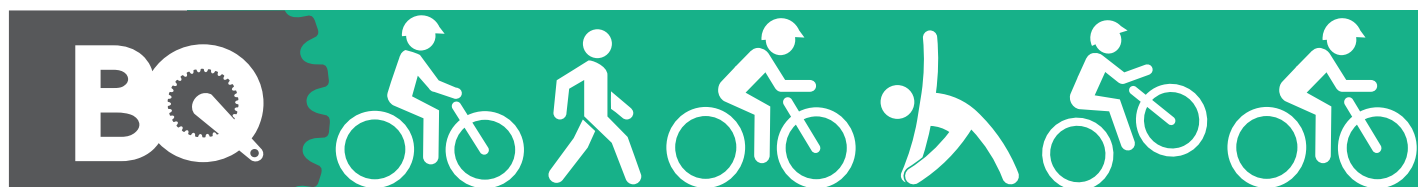
300KM MONTH



WEEK	ESTIMATED RIDING TIME (HOURS)	FOCUS
1	1-2	<ul style="list-style-type: none"> - SPEND SOME TIME GETTING YOUR BIKE IN GOOD ORDER (ABC BIKE CHECK) - PLAN YOUR BREAKS AND TAKE SNACKS - RIDE NO LONGER THAN 30-40 MINUTES WITHOUT STOPPING
2	1-2	<ul style="list-style-type: none"> - PLAN A RIDE WITH A MEET UP FOR LUNCH OR A PICNIC HALF WAY THROUGH - RIDE NO LONGER THAN 40 MINUTES WITHOUT STOPPING
3	2-3	<ul style="list-style-type: none"> - AIM FOR YOUR LONGEST RIDE. ALWAYS EASIER WITH FRIENDS AND FAMILY. - RIDE WITH FRIENDS AND SHARE YOUR RIDING STORIES
4	1-2	<ul style="list-style-type: none"> - REVISIT YOUR FAVOURITE RIDE FROM THE MONTH - PLAN A HOLIDAY THAT INVOLVES CYCLING

DAY	STANDARD WEEKLY SCHEDULE	
MONDAY	- RECOVERY RIDE. 10-15KM AT EASY PACE* ON FLAT ROADS OR WIND TRAINER	
TUESDAY	- COMMUTE TO/FROM WORK (15-20KM)	
WEDNESDAY	- RIDE AROUND THE BLOCK WITH THE FAMILY OR TO THE LOCAL PARK (5-10KM)	
THURSDAY	- COMMUTE TO/FROM WORK (15-20KM)	
FRIDAY	<ul style="list-style-type: none"> - REST DAY - LIGHT WALK AND SOME STRETCHING OR YOGA 	
SATURDAY	<ul style="list-style-type: none"> - PLAN FOR A LONGER RIDE WITH FAMILY AND FRIENDS ON FLAT ROADS (10-15KM 30-35 KM) - TAKE PLENTY OF WATER AND TAKE SUFFICIENT REST STOPS 	
SUNDAY	- FUN RIDE ON TRAILS, MOUNTAIN BIKE OR BMX/PUMP TRACK (5KM)	

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BEGINNERS RIDING GUIDE

500KM MONTH



WEEK	ESTIMATED RIDING TIME (HOURS)	FOCUS
1	1-2	<ul style="list-style-type: none"> - GET COMFORABLE ON YOUR BIKE - SPEND SOME TIME GETTING YOUR BIKE IN GOOD ORDER (ABC BIKE CHECK) - PLAN YOUR BREAKS AND TAKE SNACKS (IF RIDING OVER AN HOUR ITS RECOMMENDED YOU EAT AN ESTIMATED 30-60G OF CARBS PER HOUR*) - EXPLORE NEW RIDES AND ROUTES
2	1-2	<ul style="list-style-type: none"> - FULL SWING TRAINING - PLAN LONGER RIDES WITH MATES AND MEET UP FOR LUNCH/COFFEE HALF WAY THROUGH - FOCUS ON HYDRATION AND NUTRITION
3	2-3	<ul style="list-style-type: none"> - MAINTAINING SPEED - AIM FOR YOUR LONGEST RIDE. ALWAYS EASIER WITH FRIENDS - RIDE WITH FRIENDS AND SHARE YOUR RIDING STORIES OVER COFFEE
4	1-2	<ul style="list-style-type: none"> - SUSTAINING YOUR ROUTINE - REVISIT YOUR FAVOURITE RIDE FROM THE MONTH AND COMPLETE IT A LITTLE FASTER - PLAN A HOLIDAY THAT INVOLVES CYCLING

*Dependant on a number of variables including, weight, speed, aerodynamics and tyres

DAY	STANDARD WEEKLY SCHEDULE	
MONDAY	- REST DAY OR RECOVERY RIDE 20-30KM VERY EASY* (1 HOUR)	 
TUESDAY	- COMMUTE TO/FROM WORK 20-30KM (1 HOUR)	
WEDNESDAY	- RECOVERY RIDE OR COMMUTE 30-KM VERY EASY PACE* (1 HOUR)	
THURSDAY	- CROSS TRAINING (RUN, SWIM OR WEIGHT TRAINING) (30MIN-1 HOUR)	
FRIDAY	- REST DAY. A LIGHT WALK AND SOME STRETCHING OR YOGA	  
SATURDAY	<ul style="list-style-type: none"> - PLAN FOR A LONGER RIDE 50-60KM (2-3 HOURS). - TAKE PLENTY OF WATER AND TAKE SUFFICIENT REST STOPS 	
SUNDAY	- FUN RIDE ON TRAILS, MOUNTAIN BIKE OR BMX/PUMP TRACK (5-10KM)	

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