

# TRAINING CALENDAR

## BEGINNER 3-6 HOURS A WEEK



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>WEEK 1 TRAINING</b>	<b>REST DAY</b>  <a href="#">LINK</a> TRAINING BASICS FOR NEW AND NOT SO NEW RIDERS:	45MIN EASY ENDURANCE RIDE, RPE 3, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	45MIN EASY ENDURANCE RIDE, RPE 3, ZONE 2	<b>REST DAY</b>	<b>REST DAY</b>	ENDURANCE STRETCH RIDE: 1HR 30MIN RPE3, ZONE 2	<b>3HRS/ 3 DAYS RIDING</b>
<b>WEEK 2 TRAINING</b>	<b>REST DAY</b>  <a href="#">LINK</a> INTRODUCTION TO ZONES:	1HR EASY ENDURANCE RIDE, INCLUDING 2X10MIN 'MODERATE' EFFORTS RPE 5, WITH 5MIN RI ZONE 3	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR EASY ENDURANCE RIDE, RPE 3, ZONE 2	<b>REST DAY</b>	<b>REST DAY</b>	ENDURANCE STRETCH RIDE: 1HR 45MIN RPE3, ZONE 2	<b>3HRS 45MIN/ 3 DAYS RIDING</b>
<b>WEEK 3 TRAINING</b>	<b>REST DAY</b>  <a href="#">LINK</a> MORE ON ZONES:	1HR 15MIN EASY ENDURANCE RIDE, INCLUDING 3X10MIN 'MODERATE' EFFORTS RPE 5, WITH 3MIN RI ZONE 3	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR EASY ENDURANCE RIDE, RPE 3, ZONE 2	<b>REST DAY</b>	<b>REST DAY</b>	ENDURANCE STRETCH RIDE: 2HRS 15MIN RPE3, ZONE 2	<b>4HRS 30MIN/ 3 DAYS RIDING</b>
<b>WEEK 4 TRAINING</b>	<b>REST DAY</b>  <a href="#">LINK</a> DRESSING FOR SUCCESS!	45MIN EASY RECOVERY RIDE, RPE 2, ZONE 2	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR EASY ENDURANCE RIDE, RPE 3, ZONE 2	<b>REST DAY</b>	<b>REST DAY</b>	ENDURANCE STRETCH RIDE: 1HR 30MIN RPE3, ZONE 2  <a href="#">LINK</a> TIPS TO MAKE YOUR TRAINING MORE SUCCESSFUL	<b>3HRS 15MIN/ 3 DAYS RIDING</b>
<b>WEEK 5 TRAINING</b>	<b>REST DAY</b>  <a href="#">LINK</a> GROUP RIDING ETIQUETTE:	1HR 15MIN EASY ENDURANCE RIDE, INCLUDING 3X10MIN 'FIRM' EFFORTS RPE 7, WITH 5MIN RI ZONE 4	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 15 EASY ENDURANCE RIDE, RPE 3, ZONE 2	<b>REST DAY</b>	<b>REST DAY</b>	ENDURANCE STRETCH RIDE: 2HRS RPE3, ZONE 2	<b>4HRS 30MIN/ 3 DAYS RIDING</b>
<b>WEEK 6 TRAINING</b>	<b>REST DAY</b>  <a href="#">LINK</a> NUTRITION BASICS	1HR 15MIN EASY ENDURANCE RIDE, INCLUDING 4X10MIN 'FIRM' EFFORTS RPE 7, WITH 5MIN RI ZONE 4	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 15 EASY ENDURANCE RIDE, RPE 3, ZONE 2	<b>REST DAY</b>	<b>REST DAY</b>	ENDURANCE STRETCH RIDE: 2HRS 45MIN RPE3, ZONE 2	<b>5HRS/ 3 DAYS RIDING</b>
<b>WEEK 7 TRAINING</b>	<b>REST DAY</b>  <a href="#">LINK</a> MENTAL SKILLS FOR DOING HARD THINGS	1HR 15MIN EASY ENDURANCE RIDE, INCLUDING 2X20MIN 'FIRM' EFFORTS RPE 7, WITH 5MIN RI ZONE 4	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	1HR 15 EASY ENDURANCE RIDE, RPE 3, ZONE 2	<b>REST DAY</b>	<b>REST DAY</b>	ENDURANCE STRETCH RIDE: 3HRS RPE3, ZONE 2	<b>6HRS/ 3 DAYS RIDING</b>
<b>WEEK 8 TRAINING</b>	<b>REST DAY</b>	<b>REST DAY</b>	REST DAY OR ACTIVE RECOVERY: YOGA, STRETCHING.	45MIN EASY ENDURANCE RIDE, RPE 3, ZONE 2	<b>REST DAY</b>	<b>REST DAY</b>		<b>45MIN + B2GC</b>