

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**

BikeTips

Basic Guide To Cycling

Suzanne Ledeboer



Basic Guide To Cycling:

A Basic Guide to Cycling United States Olympic Committee, 2001 A guide to cycling including profiles of Olympic cyclists and the rules for bike racing

A Basic Guide to Cycling Suzanne Ledeboer, 2001-03 Whether your idea of fun is riding your ten speed around the neighbourhood or facing the challenges of off road racing A Basic Guide to Cycling offers savvy tips for safety and enjoyment This book provides practical suggestions for buying a bicycle caring for your bike and getting and keeping fit You ll also find up to date advice on how to join the community of cyclists wherever you live In simple non technical language A Basic Guide to Cycling explains the three disciplines of Olympic cycling Road Racing Track Racing and Mountain Bike Racing Special features include Results of the 2000 Olympic Games in Sydney Australia Profiles of leading US Olympic cyclists Advice on selecting and purchasing a bike Accessories what to wear what to bring with you Getting started in racing and competitive cycling Coverage of road track and off road events

Cycling Equipment Basics Ava Thompson, AI, 2025-02-19 Embark on your cycling journey confidently with Cycling Equipment Basics a comprehensive guide covering everything from selecting the right bike to mastering essential maintenance Whether you re considering a road bike mountain bike hybrid bike or e bike understanding the nuances of each type is crucial for optimizing your riding experience Prioritizing safety the book emphasizes the critical role of a properly fitted bike helmet and its impact on preventing head injuries highlighting that helmet fit is as important as its safety rating The book systematically progresses from bike types to helmet selection and then to essential maintenance Discover how simple tasks like tire changes brake adjustments and chain lubrication can extend the life of your cycling equipment and save you money Visual aids and expert opinions enhance the learning experience making complex concepts accessible Cycling Equipment Basics uniquely focuses on actionable advice ensuring readers can immediately apply what they learn to enhance their safety comfort and overall enjoyment of cycling

Bike Tour Basics Ava Thompson, AI, 2025-02-19 Bike Tour Basics is your essential guide to preparing for cycling adventures focusing on equipping yourself with the right gear while adhering to Union Cycliste Internationale UCI guidelines Whether you re a beginner or an experienced cyclist planning local or international trips this book emphasizes the importance of safety and efficiency through informed equipment choices Discover how selecting equipment that meets UCI standards can enhance performance and ensure rider safety and why proper gear significantly reduces the risk of accidents and injuries The book takes a practical approach guiding you through equipment selection stage by stage Beginning with an introduction to UCI equipment regulations it progresses to major equipment categories including bicycles helmets clothing and accessories Each section explores specific equipment types explaining their features benefits and compliance with UCI regulations A final section is dedicated to equipment maintenance ensuring your gear remains in optimal condition What sets Bike Tour Basics apart is its commitment to empowering cyclists to make informed choices prioritizing safety performance and comfort Rather than just listing products the book provides a framework for evaluating equipment based on individual

needs and priorities all within UCI guidelines By understanding the impact of different equipment on performance and safety you can maximize your cycling experience

The Complete Guide to Studio Cycling Rick Kiddle,2015-09-24 The Complete Guide to Studio Cycling has been written for people who want to know how to train effectively on indoor stationary bikes from instructors personal trainers and coaches to sportspeople and anyone who just wants to get fit Studio cycling or spinning should be fun and motivating and this book promotes focus and concentration techniques including an individual training programme that can be adapted as your fitness levels improve The Complete Guide to Studio Cycling answers key questions about studio cycling from what it is and what it aims to achieve to how to set your bike up to suit your needs It highlights dos and don ts confronts the myths and presents the facts and allows everyone to benefit from one of the most effective exercise classes available

The Bicycling Big Book of Cycling for Beginners Tori Bortman,2014-06-03 The indispensable must have guide for anyone looking to gear up and start pedaling Bicycling is undergoing a renaissance in this country as millions of people are taking to the streets in this nostalgic beloved pastime From purchasing one s first bike to learning all of its different components The Bicycling Big Book of Cycling for Beginners is the go to guide for any beginning cyclist s collection The vast territory of cycling and its facets will become a welcome terrain for any rider who wants to ride smarter faster and safer with this incredible wealth of knowledge As the sales of new bicycles increase every year these helpful tips and know hows will educate and inform beginning cyclists to perform to one s maximum potential all while having fun on the bicycle Trusted bicycle consultant Tori Bortman distills the essentials every beginner cyclist needs to know She covers different types of rides the components of bicycles proper cycling clothing and equipment basic road skills nutrition training maintenance and how to ride with a cause She also explores how to approach cycling from the conceptual beginnings into tangible real time facts about riding as a new cyclist as well as elaborating on the bountiful health benefits of cycling from weight loss cardio stress reducing and immunity boosting perspectives This is the ultimate guide to bicycling knowledge for beginning cyclists

A Basic Guide to Cycling Richard D. Burns,1997-03 This guide to cycling offers tips for safety and enjoyment to cyclists of any age with practical suggestions for the care of the bicycle and its owner Also included is up to date advice on how to join the diverse community of cyclists and an explanation of the three principles of Olympic cycling roadracing track racing and mountain bike racing

The Bicycling Guide to Complete Bicycle Maintenance & Repair Todd Downs,Editors of Bicycling Magazine,2010-09-28 The fully revised and updated sixth edition of the best selling guide to bike maintenance from the world s leading authority on cycling Whether they own the latest model or a classic with thousands of miles on it beginner and experienced cyclists alike need a guide that will help them get their bikes out of the shop faster and keep them on the road longer For more than 20 years The Bicycling Guide to Complete Bicycle Maintenance Repair has done just that With troubleshooting sections to quickly identify and correct common problems 450 photographs and 40 drawings to clarify all the step by step directions so even the complete neophyte can get repairs right the first time

and websites and phone numbers of bicycle and parts manufacturers this is truly the ultimate bicycle repair and maintenance manual Now better than ever the newest edition contains the latest information on component kits and carbon fork specifications

The Basics of Modern Bicycle Infrastructure Harry Brooks, 2025-08-10 The world is undergoing a significant transformation in how we perceive and utilize transportation particularly in urban environments As cities expand and populations grow the challenges of congestion pollution and the need for sustainable mobility solutions become increasingly pressing In this context the bicycle emerges not only as a mode of transport but as a symbol of a broader shift towards more sustainable urban living This eBook aims to explore the intricate relationship between bicycles and urban infrastructure delving into the various facets that contribute to effective bicycle integration in city planning The decision to focus on bicycle infrastructure is driven by the recognition that cycling offers a myriad of benefits It promotes physical health reduces environmental impact and enhances the overall quality of urban life However the successful implementation of bicycle infrastructure requires careful planning thoughtful design and a commitment to creating safe and accessible environments for cyclists This eBook will provide a comprehensive overview of the fundamentals of bicycle infrastructure examining its components challenges and the transformative potential it holds for cities Throughout the chapters readers will encounter a wealth of information that highlights the importance of integrating bicycle infrastructure into urban planning From the basics of bike lanes and parking facilities to the role of community engagement and environmental considerations each chapter will delve into specific aspects of bicycle infrastructure The aim is to equip urban planners policymakers and advocates with the knowledge and insights necessary to foster a cycling friendly culture in their communities In addition to exploring the technical aspects of bicycle infrastructure this eBook will also address the social and cultural dimensions of cycling Understanding the motivations and barriers that influence individuals decisions to cycle is crucial for developing effective infrastructure solutions By examining case studies from cities around the world readers will gain valuable perspectives on successful initiatives and innovative practices that have contributed to the growth of cycling as a viable transportation option As we embark on this journey through the world of bicycle infrastructure it is essential to recognize that the future of urban mobility is not solely about the bicycle itself It is about reimagining our cities as places where people can move freely safely and sustainably By prioritizing bicycle infrastructure we can create urban environments that foster community promote well being and contribute to a healthier planet This eBook is intended for a diverse audience including urban planners policymakers community advocates and anyone interested in the intersection of bicycles and urban infrastructure Whether you are a seasoned professional or a newcomer to the field the insights and information presented here will provide a solid foundation for understanding the complexities and opportunities associated with bicycle infrastructure in urban planning As we navigate the challenges of the 21st century the importance of sustainable transportation solutions cannot be overstated The bicycle as a simple yet powerful tool for change has the potential to

reshape our cities and improve the quality of life for residents By embracing the principles of bicycle infrastructure we can pave the way for a more sustainable equitable and vibrant urban future The Essential Touring Cyclist: A Complete Guide for the Bicycle Traveler, Second Edition Richard Lovett, 2000-12-18 The classic guide for beginning and intermediate cyclists is back and it's better than ever With the latest on bikes gear and training techniques and new sections on short tours and touring abroad this new edition of The Essential Touring Cyclist promises to appeal to a whole new population of aspiring cyclists Whether you're heading out for five hours or five months this vividly designed heavily illustrated and resource rich guide delivers everything you need

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