



# 14 Week Cycling Training

<p style="text-align: center;"><b>Week 1</b></p> <p>Monday: 10 minutes            Tuesday: Rest            Wednesday: 10 minutes            Thursday: Rest            Friday: Rest            Saturday: 15 minutes            Sunday: Rest</p>	<p style="text-align: center;"><b>Week 2</b></p> <p>Monday: 10 minutes            Tuesday: Rest            Wednesday: 15 minutes            Thursday: Rest            Friday: Rest            Saturday: 20 minutes            Sunday: Rest</p>
<p style="text-align: center;"><b>Week 3</b></p> <p>Monday: 15 minutes            Tuesday: Rest            Wednesday: 15 minutes            Thursday: Rest            Friday: Rest            Saturday: 20-30 minutes            Sunday: Rest</p>	<p style="text-align: center;"><b>Week 4</b></p> <p>Monday: 20 minutes            Tuesday: Rest            Wednesday: 20 minutes            Thursday: Rest            Friday: Rest            Saturday: 35 minutes            Sunday: Rest</p>
<p style="text-align: center;"><b>Week 5</b></p> <p>Monday: 20 minutes            Tuesday: Rest            Wednesday: 35 minutes            Thursday: Rest            Friday: Rest            Saturday: 45 minutes            Sunday: Rest</p>	<p style="text-align: center;"><b>Week 6</b></p> <p>Monday: 20 minutes            Tuesday: Rest            Wednesday: 20 minutes            Thursday: Rest            Friday: Rest            Saturday: 45 minutes            Sunday: Rest</p>



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<p style="text-align: center;"><b>Week 7</b></p> <p>Monday: 20-30 minutes            Tuesday: Rest            Wednesday: 30-45 minutes            Thursday: Rest            Friday: Rest            Saturday: 60 minutes            Sunday: Rest</p>	<p style="text-align: center;"><b>Week 8</b></p> <p>Monday: 30 minutes            Tuesday: Rest            Wednesday: 45 minutes            Thursday: Rest            Friday: Rest            Saturday: 60 minutes            Sunday: Rest</p>
<p style="text-align: center;"><b>Week 9</b></p> <p>Monday: 45 minutes            Tuesday: Rest            Wednesday: 60 minutes            Thursday: 45 minutes            Friday: Rest            Saturday: 60 minutes            Sunday: Rest</p>	<p style="text-align: center;"><b>Week 10</b></p> <p>Monday: 60 minutes            Tuesday: Rest            Wednesday: 60 minutes            Thursday: 45 minutes            Friday: Rest            Saturday: 90 minutes            Sunday: Rest</p>
<p style="text-align: center;"><b>Week 11</b></p> <p>Monday: 60 minutes            Tuesday: Rest            Wednesday: 60 minutes            Thursday: 45 minutes            Friday: Rest            Saturday: 90 minutes            Sunday: Rest</p>	<p style="text-align: center;"><b>Week 12</b></p> <p>Monday: 60 minutes            Tuesday: Rest            Wednesday: 75-90 minutes            Thursday: Rest            Friday: Rest            Saturday: 150 minutes            Sunday: Rest</p>



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## Week 13

Monday: 60 minutes  
Tuesday: Rest  
Wednesday: 60 minutes  
Thursday: 210 minutes  
Friday: Rest  
Saturday: 180 minutes  
Sunday: Rest

## Week 14

Monday: 30 minutes  
Tuesday: Rest  
Wednesday: 45 minutes  
Thursday: Rest  
Friday: Rest  
Saturday: Rest  
Sunday: **EVENT**