



# Cycling Training Program

## Four Week Training Guide

**RPE** (rate of perceived exertion) figure is an indication of how hard each session should be.

### Week One

Monday:	30 mins RPE 5/10
Tuesday:	Rest
Wednesday:	30 mins RPE 5/10
Thursday:	30 mins RPE 6/10
Friday:	Rest
Saturday:	30 mins RPE 5/10
Sunday:	Rest

### Week Two

Monday:	30 mins RPE 5/10
Tuesday:	Rest
Wednesday:	45 mins RPE 5/10
Thursday:	45 mins RPE 6/10
Friday:	Rest
Saturday:	45 mins RPE 6/10
Sunday:	Rest

### Week Three

Monday:	60 mins RPE 5/10
Tuesday:	Rest
Wednesday:	60 mins RPE 5/10
Thursday:	Rest
Friday:	Rest
Saturday:	60 mins RPE 6/10
Sunday:	Rest

### Week Four

Monday:	30 mins RPE 6/10
Tuesday:	Rest
Wednesday:	30 mins RPE 6/10
Thursday:	Rest
Friday:	Rest
Saturday:	30 mins RPE 5/10
Sunday:	Rest