

# BRITISH CYCLING TRAINING PLANS

Beginner Training Plan Overview: First 12 weeks



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	🕒 HOURS
1 Finding your training zones	REST DAY	CROSS TRAINING 30 - 60 mins (optional)	OUTDOOR RIDE 1hr	FLEXIBLE DAY (move sessions if needed)	REST DAY	THRESHOLD TEST 1 hr 10 mins	OUTDOOR RIDE 1 hr 15 mins	3 hrs 25 mins – 4 hrs 25 mins
2 Getting familiar with your training zones	↓	↓	OUTDOOR RIDE 1hr or 50 mins indoors	↓	↓	OUTDOOR RIDE 1 hr 15 mins	OUTDOOR RIDE 1 hr 15 mins	3 hrs 20 mins – 4 hrs 30 mins
3 Introducing some sustained efforts			OUTDOOR RIDE 1hr or 50 mins indoors			OUTDOOR RIDE 1 hr 15 mins, hilly	OUTDOOR RIDE 1 hr 15 mins	3 hrs 20 mins – 4 hrs 30 mins
4 Your first recovery week			OPTIONAL RIDE: 45 mins in/outdoor			REST DAY (optional) or very easy ride	OUTDOOR RIDE 1 hr 30 mins	1 hr 30 mins – 3 hrs 15 mins
5 Building on zone 3 efforts			OUTDOOR RIDE 1 hr or 45 mins indoors			OUTDOOR RIDE 1 hr 30 mins, hilly	OUTDOOR RIDE 1 hr 30 mins	3 hrs 45 mins – 5 hrs
6 Building endurance and climbing			OUTDOOR RIDE 1 hr or 50 mins indoors			OUTDOOR RIDE 1 hr 30 mins, hilly	OUTDOOR RIDE 1 hr 30 mins - 2 hrs	3 hrs 50 mins – 5 hrs 30 mins
7 Base endurance work and sustaining efforts			OUTDOOR RIDE 1 hr or 50 mins indoors			OUTDOOR RIDE 1 hr 30 mins, flat	OUTDOOR RIDE 1 hr 30 mins - 2 hrs	3 hrs 50 mins – 5 hrs 30 mins
8 Take a recovery week			OUTDOOR RIDE 45 mins or 30 mins indoors			OUTDOOR RIDE 45 mins - 1 hr, easy	OUTDOOR RIDE 1 hr - 1 hr 30 mins	2 hrs 15 mins – 4 hrs 15 mins
9 Re-test your training zones			CROSS TRAINING 30 - 60 mins (optional)			REST DAY	THRESHOLD TEST 1 hr 10 mins	OUTDOOR RIDE 25 miles / 2 hrs approx
10 Using your new zones and strength and endurance zones	REST DAY	CROSS TRAINING 30 - 60 mins (optional)	OUTDOOR RIDE 1 hr 30 mins or 1 hr indoors	OUTDOOR RIDE 25 miles / 2 hrs approx	OUTDOOR RIDE 2+ hrs	5 hrs – 6 hrs 30 mins		
11 Continuing to build a base strength and endurance	↓	↓	OUTDOOR RIDE 1 hr 30 mins or 1 hr indoors	OUTDOOR RIDE 25 miles / 2 hrs approx	OUTDOOR RIDE 2+ hrs	5 hrs – 6 hrs 30 mins		
12 Take a recovery week			OUTDOOR / INDOOR RIDE 30 mins	OUTDOOR RIDE 35 miles / 3 hrs approx	OUTDOOR RIDE 30 – 60 mins	4 hrs – 5 hrs 30 mins		