

15 WEEK TRAINING PLAN | WEEKS 1 – 5

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 27.11.17		 1 HOUR FAST Could be a spin class or interval training		  1 HOUR STEADY/HARD commute with hills or spin class			 1.5 HOURS + Long steady ride with hills
WEEK 2 04.12.17		 1 HOUR FAST Could be a spin class or interval training		  1 HOUR STEADY/HARD commute with hills or spin class			 2 HOURS + Long steady ride with hills
WEEK 3 11.12.17		 1 HOUR FAST Could be a spin class or interval training		  1 HOUR STEADY/HARD commute with hills or spin class			 2 HOURS + Long steady ride with hills
WEEK 4 18.12.17		 1 HOUR FAST Could be a spin class or interval training		  1 HOUR STEADY/HARD commute with hills or spin class			 2.5 HOURS + Long steady ride with hills
WEEK 5 25.12.17		 1 HOUR FAST Could be a spin class or interval training		  1.5 HOURS STEADY/HARD commute with hills or spin class			 3 HOURS + Long steady ride with hills

NOTES When completing fast paced sessions, push yourself so that it hurts!
Interval training is important for core strength and muscular endurance.

Long steady rides mean just that!
You should be able to maintain conversation...

Spin classes are an excellent way to get a lunchtime session into your schedule.

Rest days are an important part of the process required to build strength, endurance and muscle.