

# 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](http://BikeTips.com)

**BikeTips**

# Basic Guide To Cycling

**N Colangelo**



## **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

**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 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

**The League Guide to Safe and Enjoyable Cycling** Amy Thompson,Sami Fournier,2004 [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 **Effective Leadership in Adventure Programming** Simon Priest,Michael A. Gass,2005 Provides a detailed look at the organisational instructional skills an outdoor adventure leader should develop *A Basic Guide to Cycling* Suzanne Ledebor,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

**Stories from the City** Various,2015-01-01 How is KL s oldest cinema still in business Can you make a living from hunting ghosts Where do migrant workers go for a taste of home In this collection of articles from online magazine POSKOD MY you ll find the answers to these mysteries and more Get off the beaten path and rediscover the city with those who know it best From makcik traders to hip hop stars cosplay fans to urban farmers meet the people who are the beating heart of the city After reading these funny surprising strange and often moving stories you ll never see KL in the same light again

**Bicycle USA.** ,1995 [Trailside Guide Womens Mountain Biking](#) Jennifer Kulier,1999-07-06 With enthusiasm enough to infect even the skeptic Kulier shows that mountain biking is very much for women too She inspires with this complete guide to equipment techniques and safety Color photos drawings **Highway Safety Literature** ,1976 [Basic Bicycle Repair](#) Bicycling Magazine Editors,Staff Bicycling,1980 Discussion on basic tools and the components of the bicycle is accompanied

by maintenance procedures and instructions for troubleshooting problems and making repairs      **Bicycle** John Wilcockson,1980 This book is for all those with an interest new or established in making best use of one of man s most efficient inventions Bicycle looks at the role in modern society of this old friend and entertainingly traces its history in words and pictures On the practical side there is advice on where and how to buy the machine to suit you Full guidance is also provided on mechanics maintenance and repair complemented by over 100 detailed drawings Both the novice and the experienced bicyclist alike will find these invaluable Many useful hints are provided on all aspects of riding from finding a comfortable position through to planning a training route for the potential racer A special feature of the chapter on bicycle touring is the series of three suggested full length tours in Britain Europe and America each illustrated with a full color map Not least of the book s many attractions are the comprehensive list of organizations world wide and its glossary of technical terms      *The Most Frequently Asked Questions about Bicycling* ,1980      **Handball and how to Play it ...** Maurice W. Deshong,1893      **Bicycles and Bicycling** Barbara A. Schultz,Mark P. Schultz,1979      **Two Wheel Travel** Peter W. Tobey,1974      **Official Basket Ball Rules** ,1896      Subject Guide to Books in Print ,1997

## Decoding **Basic Guide To Cycling**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Basic Guide To Cycling**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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