

# 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

**J Elliott**



## **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 League Guide to Safe and Enjoyable Cycling](#) Amy Thompson,Sami Fournier,2004

**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 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 **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 [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 **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 [Bicycle USA.](#) ,1995 [Highway Safety Literature](#) ,1976 **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 [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      Official Basket Ball Rules  
,1896      *Bicycle* John Wilcockson,1980 This book is for all those with an interest new or established in making best use of  
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glossary of technical terms      *Handball and how to Play it ...* Maurice W. Deshong,1893      *Subject Guide to Books in Print*  
,1997      **The Most Frequently Asked Questions about Bicycling** ,1980      **Sport** C. M. van Stockum,1911      **Monthly**  
**Bulletin** Los Angeles Public Library,1901

Basic Guide To Cycling: Bestsellers in 2023 The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels enthralling the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the captivating narratives that have charmed audiences this year. Basic Guide To Cycling : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Basic Guide To Cycling : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Basic Guide To Cycling : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of compelling stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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