

Cycle Sessions

Week	Session 1	Session 2
1	Warm up: 5 minutes level 1 5 minutes level 2 5 minutes level 3 Cool down: 5 minutes level 1 20 minutes total	Warm up: 5 minutes level 1 10 minutes level 2 5 minutes level 3 Cool down: 5 minutes level 1 25 minutes total
2	Warm up: 5 minutes level 1 10 minutes level 2 5 minutes level 3 Cool down: 5 minutes level 1 25 minutes total	Warm up: 5 minutes level 1 5 minutes level 2 10 minutes level 3 Cool down: 5 minutes level 1 25 minutes total
3	Warm up: 5 minutes level 1 5 minutes level 2 10 minutes level 3 Cool down: 5 minutes level 1 25 minutes total	Warm up: 5 minutes level 1 10 minutes level 2 10 minutes level 3 Cool down: 5 minutes level 1 30 minutes total
4	Warm up: 5 minutes level 1 10 minutes level 2 10 minutes level 3 Cool down: 5 minutes level 1 30 minutes total	Warm up: 5 minutes level 1 15 minutes level 2 10 minutes level 3 Cool down: 5 minutes level 1 35 minutes total
5	Warm up: 5 minutes level 1 15 minutes level 2 10 minutes level 3 Cool down: 5 minutes level 1 35 minutes total	Warm up: 5 minutes level 1 10 minutes level 2 15 minutes level 3 Cool down: 5 minutes level 1 35 minutes total
6	Warm up: 5 minutes level 1 10 minutes level 2 15 minutes level 3 Cool down: 5 minutes level 1 35 minutes total	Warm up: 10 minutes level 1 20 minutes level 3 Cool down: 10 minutes level 1 Try and find a hilly route. Work hard for the middle 20 minutes 40 minutes total
7	Warm up: 10 minutes level 1 20 minutes level 3 Cool down: 10 minutes level 1 Try and find a hilly route. Work hard for the middle 20 minutes 40 minutes total	Warm up: 10 minutes level 1 15 minutes level 2 15 minutes level 3 Cool down: 10 minutes level 1 45 minutes total

Cycle Sessions Continued

Week	Session 1	Session 2
8	Warm up: 10 minutes level 1 15 minutes level 2 15 minutes level 3 Cool down: 10 minutes level 1 Flat route if possible 45 minutes total	Warm up: 10 minutes level 1 20 minutes level 3 4x 1 min level 4 (rest 1 min between each level 4 effort) Cool down: 10 minutes level 1 44 minutes total
9	Warm up: 10 minutes level 1 20 minutes level 3 4x 1 min level 4 (rest 1 min between each level 4 effort) Cool down: 10 minutes level 1 44 minutes total	Warm up: 10 minutes level 1 30 minute level bike level 3 Cool down: 10 minutes level 1 50 minutes total
10	Warm up: 10 minutes level 1 30 minute level bike level 3 Cool down: 10 minutes level 1 50 minutes total	Warm up: 10 minutes level 1 30 minutes level 3 5 x 1 minute level 4 (rest 1 minute between Cool down: 10 minutes level 1 50 minutes total
11	Go out and ride for 60 minutes at a mix of levels (1-4) Try and find a mix of hills and faster flat roads 60 minutes total	Go out and ride for 65 minutes at a mix of levels (1-4) Try and find a mix of hills and faster flatter roads 65 minutes total
12	Warm up: 10 minutes level 1 20 minutes level 3 Cool down: 10 minutes level 1 Try and find a hilly route. Work hard for the middle 20 minutes 40 minutes total	Take a rest before the big day!

Information

Exertion Level 1 - Light to moderate effort. Mild increase in breathing rate.

Exertion Level 2 - Moderate effort. Noticeable increase in breathing.

Exertion Level 3 - Moderate to hard effort. Noticeable increase in depth/rate breathing. Difficulty talking in full sentences.

Exertion Level 4 - Hard to extremely hard effort. Unable to talk at all. Gasping slightly for breath.

Reebok University's Effort Scales have been used to illustrate the effort required for each session. These have been adapted and simplified from the Borg Scale and use a 1 to 4 scale.