



# BEGINNER PEDAL THE BORDERS TRAINING PLAN

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY	Rest	Rest	Rest	Rest	Rest
TUESDAY	1 Hrs - Easy W/ 4 Sprints - Hard	1 Hrs - Easy W/ 6 Sprints - Hard	1.5 Hrs - Easy W/ 3 x 8 Min - Hard	1.5 Hrs - Easy W/ 3 x 10 min - Hard	Rest
WEDNESDAY	1 Hr - Easy	1 Hr - Easy	1 Hr - Easy	1 Hr - Easy	1 Hr - Easy
THURSDAY	1 Hr - Easy	1.5 Hrs - Easy	1.5 Hrs - Easy W/ 6 Sprints - Hard	1.5 Hrs - Easy W/ 6 Sprints - Hard	1.5 Hrs - Easy
FRIDAY	Rest	Rest	Rest	Rest	Rest
SATURDAY	2 Hrs - Easy	2.5 Hrs - Easy	3 Hrs - Easy	2 Hrs - Hilly	1.5 Hrs - Easy W/ 6 Sprints - Hard
SUNDAY	1 Hrs - Easy	1.5 Hrs - Easy	2 Hrs - Easy	2 Hrs - Easy	2 Hrs - Easy

\*Start all rides with a warm-up and finish with a cool down.



# BEGINNER PEDAL THE BORDERS TRAINING PLAN

	WEEK 6	WEEK 7	WEEK 8	WEEK 9	WEEK 10
MONDAY	Rest	Rest	Rest	Rest	Rest
TUESDAY	1.5 Hrs - Easy W/ 3 Short Climbs - Max	1.5 Hrs - Easy W/ 4 Short Climbs - Max	Rest	1.5 Hrs - Easy W/ 4 Short Climbs - Max	1 Hr - Easy W/ 2 Short Climbs - Max
WEDNESDAY	1 Hr - Easy	1 Hr - Easy	1 Hr - Easy	1 Hr - Easy	1 Hr - Easy
THURSDAY	1.5 Hrs - Easy W/ 6 Sprints - Hard	1.5 Hrs - Easy W/ 6 Sprints - Hard	1.5 Hrs - Easy	1.5 Hrs - Easy	1 Hr - Easy W/ 2 x 8 Min - Hard
FRIDAY	Rest	Rest	Rest	Rest	1 Hr - Easy
SATURDAY	2 Hrs - Hilly	2.5 Hrs - Hilly	1.5 Hrs - Easy W/ 6 Sprints - Hard	2.5 Hrs - Hilly	Event
SUNDAY	2 Hrs - Easy	2 Hrs - Easy	2 Hrs - Easy	1.5 Hrs - Easy	Rest

\*Start all rides with a warm-up and finish with a cool down.