

2008 LIVESTRONG Challenge 40-mile Beginner Cycling Training Schedule (12 week)

Summary	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Week 1 Hours 1:55	Workout 0:30 Easy zone ride.		Workout 0:40 Easy to lower medium zone spin.			Workout 0:45 Easy to lower medium zone spin.	
Week 2 Hours 2:15	Workout 0:30 Easy to medium zone.		Workout 0:45 Easy to medium zone with goal 70-80 rpm			Workout 1:00 Easy to lower medium zone with goal 70-80 rpm.	
Week 3 Hours 2:30	Workout 0:30 Easy to lower medium zone.		Workout 0:45 Easy spin.			Workout 1:15 Easy to medium zone with goal 70-80 rpm.	
Week 4 Hours 1:45	Workout 0:15 Walk: Light walk following breakfast or dinner.		Workout 0:45 Easy zone with goal 70-80 rpm.			Workout 0:45 Easy spin.	
Week 5 Hours 2:30	Workout 0:45 Easy to lower medium zone with goal 70-80 rpm.		Workout 0:45 Begin *ST #1: Specific Training. See explanation of training format.			Workout 1:00 Easy to medium zone with goal 70-80 rpm.	
Week 6 Hours 3:00	Workout 0:45 *ST 1		Workout 1:00 Easy zone spin.			Workout 1:15 *ST 2	
Week 7 3:30 Hours 3:30	Workout 1:00 Easy zone spin.		Workout 1:00 *ST 2			Workout 1:30	
Week 8 Hours 2:15	Workout 1:00 Easy zone spin.		Workout 0:30 Easy zone spin.			Workout 0:45 Easy zone spin.	
Week 9 Hours 3:15	Workout 0:45 Easy to lower medium zone with goal 70-80 rpm.		Workout 1:00 *ST 3			Workout 1:30 Easy to medium zone with goal 70-80 rpm.	
Week 10 Hours 3:45	Workout 0:30 Easy zone spin.		Workout 0:45 Easy zone spin.			Workout 1:45 *ST 3	Workout 0:45 Easy to lower medium zone with goal 70-80 rpm.
Week 11 Hours 3:45	Workout 0:30 Easy zone spin.		Workout 0:45 Easy zone spin.			Workout 2:30 *ST 4	
Week 12 Hours 4:05	Workout 0:45 Easy zone spin.		Workout 0:20 Easy zone spin.				Workout LIVESTRONG Challenge 40-mile ride