

Ready, Set - **GOAL!**

# BEGINNER CYCLING PROGRAM

For those who want to give cycling a try or have an interest in learning how to improve, but don't have a specific goal in mind. Take the ten miles in forty minutes challenge as your first step. It can be accomplished through a few sessions, each less than an hour.

## Before you start here are a few points to consider:

- 1. Make sure your bike is in good working order:** Clean it, inflate the tires and oil the chain. Make sure the gears and derailleur are adjusted and check the brakes. Also make sure the bike is properly fitted to allow a correct riding position. Proper shorts and shoes will also help.
- 2. Select a user-friendly course.** Do your early rides on flat, smooth roads, with a minimum of intersections.
- 3. Warm up before you push hard.** Cycling requires a limited range of motion. Make sure you warm up the muscles 3-5 minutes and then stretch them. Cold, stiff muscles are the easiest to injure. Make stretching part of your daily routine.
- 4. Don't push yourself right away.** Work into it. Don't try to go as fast as you can until you have logged a few miles over several sessions and feel comfortable on the bike, both in terms of fitness and balance.

How much riding is needed to get fit and stay fit depends, of course, on such factors as an individual's age and athletic background. Make sure you get your doctor's approval before starting any new exercise program.

**FYI:** for a sedentary person doing 5-10 miles every other day at 65% of their maximum heart rate for the duration, riding will increase aerobic capacity with in a month.

## BIKE WEBSITES

**Getting started biking info at REI** - [www.rei.com/expertadvice/articles/getting+into+biking.html](http://www.rei.com/expertadvice/articles/getting+into+biking.html)

**Bike paths in Ann Arbor** - [www.a2gov.org/government/communityservices/ParksandRecreation/Documents/bike.pdf](http://www.a2gov.org/government/communityservices/ParksandRecreation/Documents/bike.pdf)

**League of Michigan Cyclist** - great info on rides and more  
[www.lmb.org](http://www.lmb.org)

**Map out your own ride with this application**  
[www.mapmyride.com/training](http://www.mapmyride.com/training)

**Bicycling magazine training information page**  
[www.bicycling.com/channel/0,6609,s1-4-0-0-0,00.html?location=\\_\\*topnav\\*](http://www.bicycling.com/channel/0,6609,s1-4-0-0-0,00.html?location=_*topnav*)



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# Beginner Cycling Log



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	<b>Cycle 2 miles</b> Goal: 10 minutes	<b>Cycle 2 miles</b> Goal: 10 minutes	Perform Muscular fitness	<b>Cycle 2 miles</b> Goal: 10 minutes	Rest Or perform Muscular fitness	<b>Cycle 2 miles</b> Goal: 10 minutes	<b>Cycle 2 miles</b> Goal: 10 minutes
Week 2	<b>Cycle 2 miles</b> Goal: 9 minutes	<b>Cycle 2 miles</b> Goal: 9 minutes	Perform Muscular fitness	<b>Cycle 2 miles</b> Goal: 9 minutes	Rest Or perform Muscular fitness	<b>Cycle 2 miles</b> Goal: 9 minutes	<b>Cycle 2 miles</b> Goal: 9 minutes
Week 3	<b>Cycle 2 miles</b> Goal: 7:45 minutes	<b>Cycle 2 miles</b> Goal: 7:45 minutes	Perform Muscular fitness	<b>Cycle 2 miles</b> Goal: 7:45 minutes	Rest Or perform Muscular fitness	<b>Cycle 2 miles</b> Goal: 7:45 minutes	<b>Cycle 2 miles</b> Goal: 7:45 minutes
Week 4	<b>Cycle 3 miles</b> Goal: 11:50 minutes	<b>Cycle 3 miles</b> Goal: 11:50 minutes	Perform Muscular fitness	<b>Cycle 3 miles</b> Goal: 11:50 minutes	Rest Or perform Muscular fitness	<b>Cycle 3 miles</b> Goal: 11:50 minutes	<b>Cycle 3 miles</b> Goal: 11:50 minutes
Week 5	<b>Cycle 3 miles</b> Goal: 11 minutes	<b>Cycle 3 miles</b> Goal: 11 minutes	Perform Muscular fitness	<b>Cycle 3 miles</b> Goal: 11 minutes	Perform Muscular fitness	<b>Cycle 3 miles</b> Goal: 11 minutes	<b>Cycle 3 miles</b> Goal: 11 minutes
Week 6	<b>Cycle 3 miles</b> Goal: 10:30 minutes	<b>Cycle 3 miles</b> Goal: 10:30 minutes	Perform Muscular fitness	<b>Cycle 3 miles</b> Goal: 10:30 minutes	Perform Muscular fitness	<b>Cycle 3 miles</b> Goal: 10:30 minutes	<b>Cycle 3 miles</b> Goal: 10:30 minutes

**My Goals:**  
10 miles in less than forty minutes, three times a week, at 15 mph. This can be achieved in four months by following this weekly plan.

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	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 7	<b>Cycle 4 miles</b> Goal: 15:45 minutes	<b>Cycle 4 miles</b> Goal: 15:45 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 15:45 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 15:45 minutes	<b>Cycle 4 miles</b> Goal: 15:45 minutes
Week 8	<b>Cycle 4 miles</b> Goal: 15:30 minutes	<b>Cycle 4 miles</b> Goal: 15:30 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 15:30 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 15:30 minutes	<b>Cycle 4 miles</b> Goal: 15:30 minutes
Week 9	<b>Cycle 4 miles</b> Goal: 14:30 minutes	<b>Cycle 4 miles</b> Goal: 14:30 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 14:30 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 14:30 minutes	<b>Cycle 4 miles</b> Goal: 14:30 minutes
Week 10	<b>Cycle 4 miles</b> Goal: 14 minutes	<b>Cycle 4 miles</b> Goal: 14 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 14 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 14 minutes	<b>Cycle 5 miles</b> Goal: 18:30 minutes
Week 11	<b>Cycle 4 miles</b> Goal: 14 minutes	<b>Cycle 5 miles</b> Goal: 18 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 14 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 14 minutes	<b>Cycle 5 miles</b> Goal: 18 minutes
Week 12	<b>Cycle 4 miles</b> Goal: 13:45 minutes	<b>Cycle 6 miles</b> Goal: 23:30 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 13:45 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 13:45 minutes	<b>Cycle 6 miles</b> Goal: 23:30 minutes

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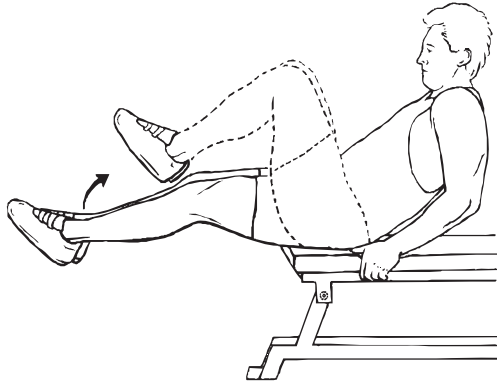
# Beginner Cycling Log



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 13	<b>Cycle 4 miles</b> Goal: 13:30 minutes	<b>Cycle 6 miles</b> Goal: 23 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 13:30 minutes	Perform Muscular fitness	<b>Cycle 4 miles</b> Goal: 13:30 minutes	<b>Cycle 6 miles</b> Goal: 23 minutes
Week 14	<b>Cycle 5 miles</b> Goal: 17 minutes	<b>Cycle 6 miles</b> Goal: 22 minutes	Perform Muscular fitness	<b>Cycle 5 miles</b> Goal: 17 minutes	Perform Muscular fitness	<b>Cycle 5 miles</b> Goal: 17 minutes	<b>Cycle 6 miles</b> Goal: 22 minutes
Week 15	<b>Cycle 6 miles</b> Goal: 21 minutes	<b>Cycle 6 miles</b> Goal: 22 minutes	Perform Muscular fitness	<b>Cycle 6 miles</b> Goal: 22 minutes	Perform Muscular fitness	<b>Cycle 6 miles</b> Goal: 22 minutes	<b>Cycle 6 miles</b> Goal: 22 minutes
Week 16	<b>Cycle 8 miles</b> Goal: 28:30 minutes	Rest	Perform Muscular fitness	<b>Cycle 8 miles</b> Goal: 28:30 minutes	Perform Muscular fitness	<b>Cycle 8 miles</b> Goal: 28:30 minutes	<b>Cycle 8 miles</b> Goal: 28:30 minutes

# CYCLING STRENGTH TRAINING

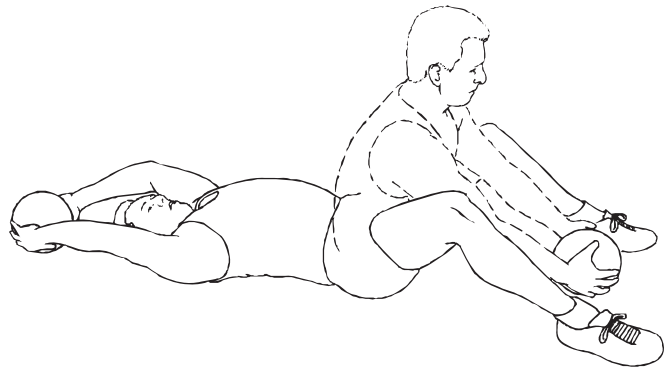
ABS - 21 Knee Raise: Sitting



Tighten abdominals, and bend legs, pulling knees toward chest.

Do 2-3 sets. Complete 10-15 repetitions.

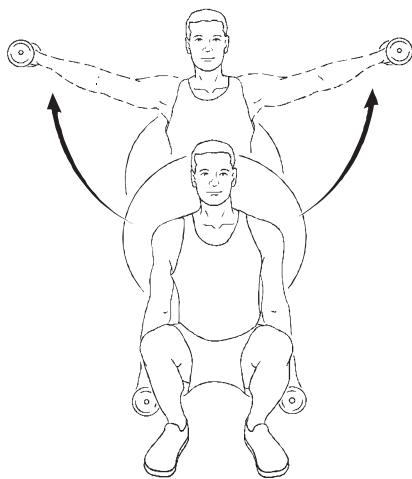
ABS - 29 Sit-Up (Medicine Ball)



Holding small medicine ball beyond head, tighten abdominals, sit up, touching ball to floor between feet.

Do 2-3 sets. Complete 10-15 repetitions.

COMBO - 2 Squat Supported / Side Raise



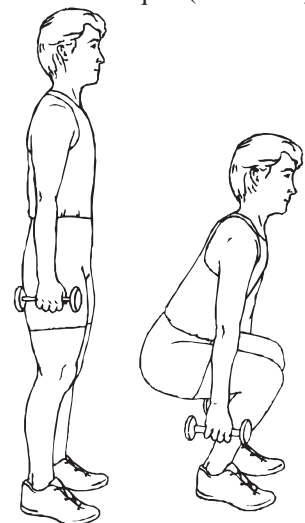
Raise dumbbells to side while rising.

Do 2-3 sets.  
Complete 10-15 repetitions.

LEGS: GLUTES / THIGHS - 4 Parallel Squat (Dumbbell)

Back straight, head up, bend knees until thighs are parallel to floor. Keep abdominals tight and maintain weight on heels.

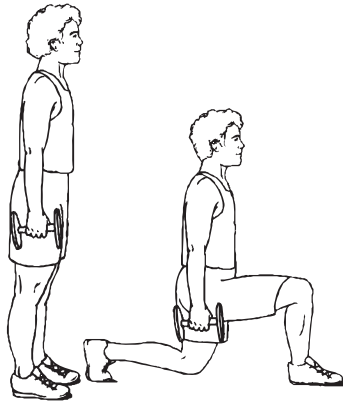
Do 2-3 sets.  
Complete 10-15 repetitions.



# CYCLING STRENGTH TRAINING

LEGS: GLUTES / THIGHS - 13 Lunge (Dumbbell)

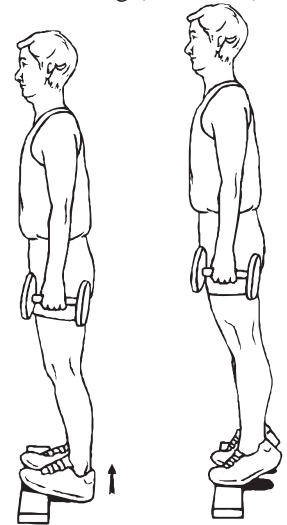
Legs shoulder width apart, head up, back straight, step forward bending same leg until thigh is parallel to floor. Alternate legs.



Do 2-3 sets.  
Complete 10-15 repetitions.

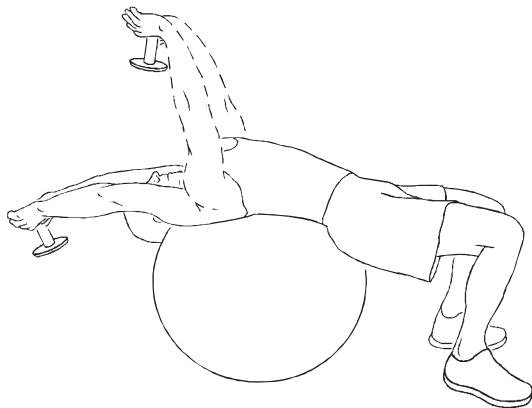
LEGS: CALVES - 4 Heel Raise: Standing (Dumbbell)

Toes on board, heels on floor, knees slightly bent, rise up on toes as high as possible.



Do 2-3 sets.  
Complete 10-15 repetitions.

BACK - 1 Pullover (Dumbbell)



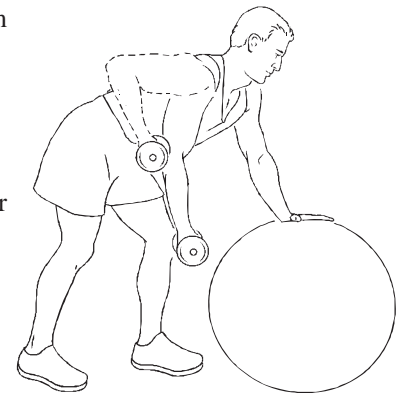
Pull dumbbell over chest, keeping elbows straight, trunk bridged. Do 2-3 sets. Complete 10-15 repetitions.

BACK - 6 Row: Reverse Grip (Dumbbell)

With feet staggered, arm supported, pull weight to side of chest, palm forward. Keep back straight.

Can also be modified for use with a chair or a standard bench.

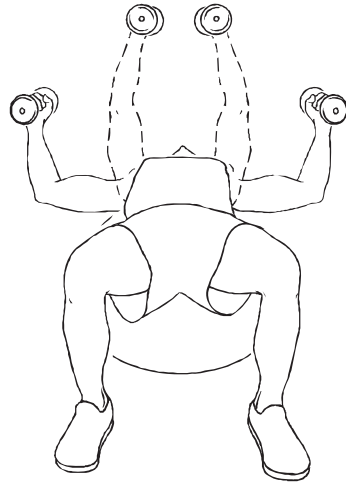
Do 2-3 sets.  
Complete 10-15 repetitions.



# CYCLING STRENGTH TRAINING

## CHEST - 6 Fly (Dumbbell)

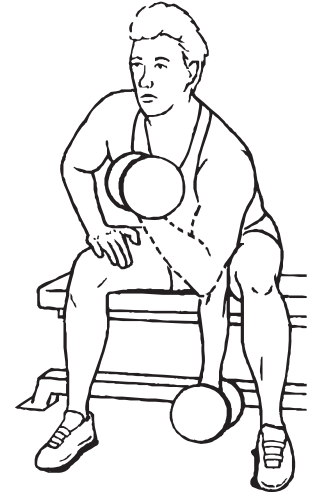
Bring dumbbells toward midline, at chest level, using a hugging motion and maintaining bridge.



Do 2-3 sets.  
Complete 10-15 repetitions.

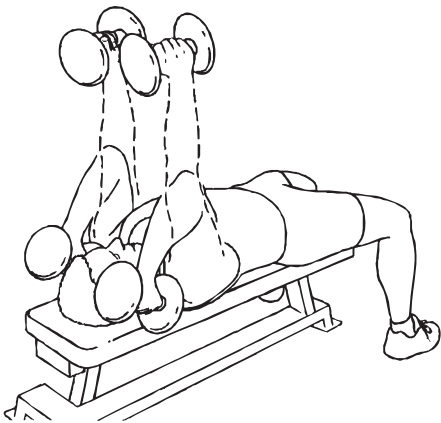
## ARMS: BICEPS - 12 Curl: Sitting Single Arm, Concentration (Dumbbell)

Curl arm toward shoulder, bracing upper arm against inner thigh and keeping upper arm perpendicular to floor.



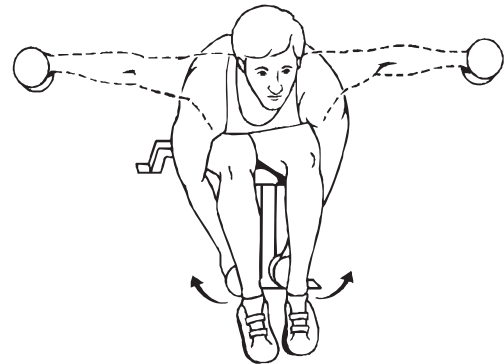
Do 2-3 sets.  
Complete 10-15 repetitions.

## ARMS: TRICEPS - 8 Extension: Lying (Dumbbell)



Straighten arms, keeping upper arms perpendicular to floor.  
Do 2-3 sets. Complete 10-15 repetitions.

## SHOULDERS - 18 Rear Deltoid Raise: Sitting (Dumbbell)

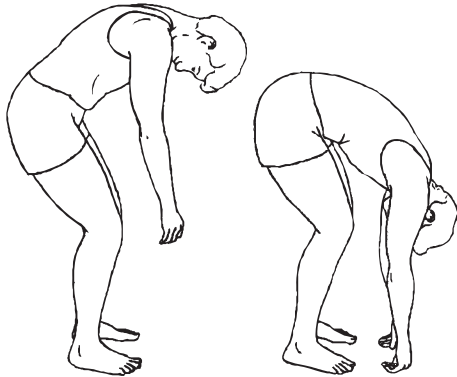


Elbows slightly bent, palms in, raise arms to parallel with floor.

Do 2-3 sets. Complete 10-15 repetitions.

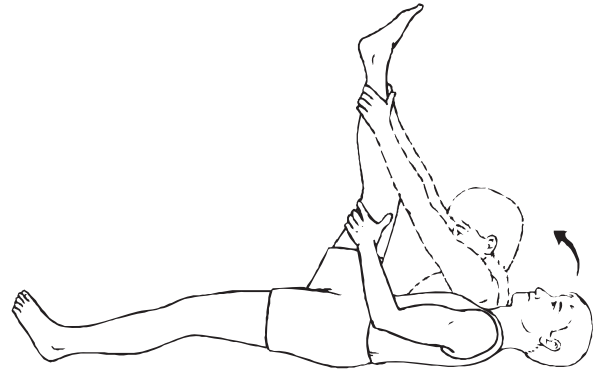
# STRETCHING EXERCISES

## HAMSTRINGS - Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold for at least 15 seconds. Bend knees further to return to standing position.

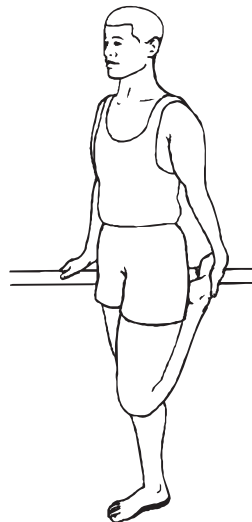
## HAMSTRINGS - Leg Raise



With hand behind hamstring, but not knee, gently pull leg forward until stretch is felt. Hold at least 15 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

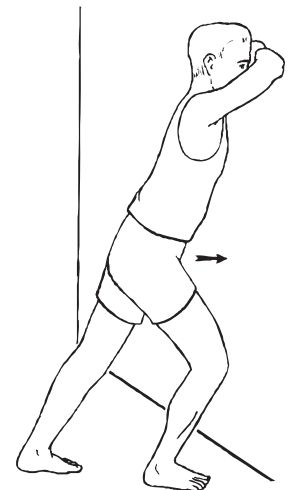
## UPPER LEG - Quadriceps

Pull heel toward buttocks and push the same side hip forward until stretch is felt in front of thigh. Hold at least 15 seconds. Repeat with other heel.



## LOWER LEG - Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Hold at least 15 seconds. Repeat with other leg.





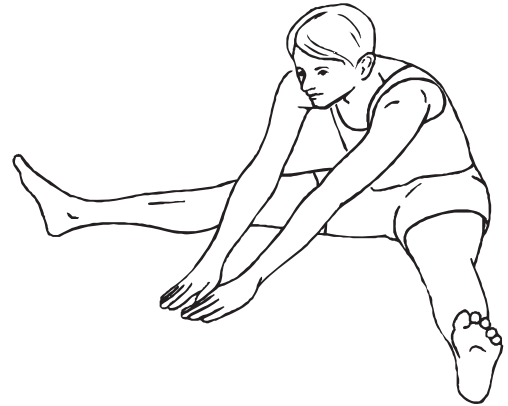
# STRETCHING EXERCISES

## GROIN - Thigh Adductors

With elbows inside knees and thumbs inside feet, gently push knees outward until stretch is felt. Hold at least 15 seconds.



## GROIN - Thigh Adductors



With legs apart, slide hands forward until stretch is felt. Hold at least 15 seconds.

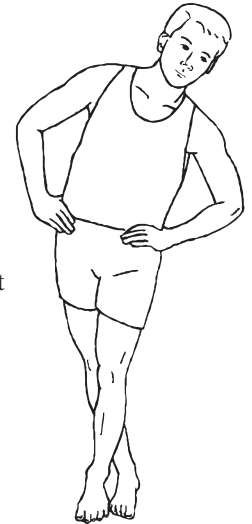
## HIP OBLIQUE - External Rotators

Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold at least 15 seconds. Repeat with left leg over right.



## HIP OBLIQUE - Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold at least 15 seconds. Repeat to other side, with right leg over left.



# STRETCHING EXERCISES

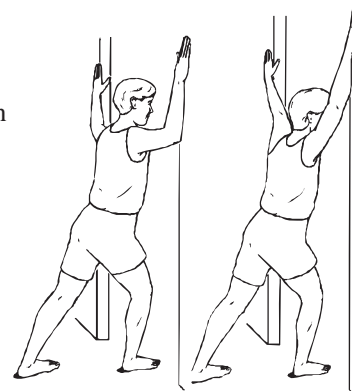
## ABDOMEN - Abdominals (Mild)

With hands in small of back, arch back until stretch is felt. Hold at least 15 seconds.

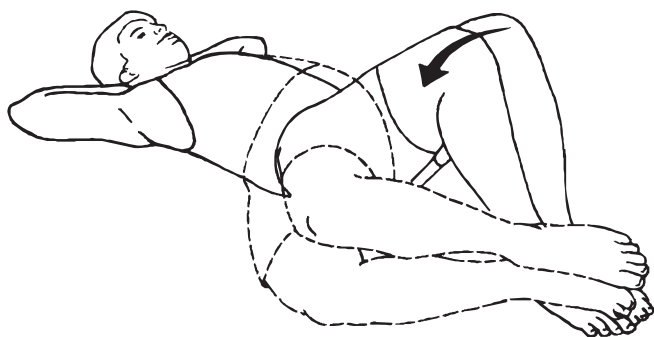


## CHEST - Pectorals

With arms forming a T, lean forward until stretch is felt. Hold at least 15 seconds. Slide arms up to form a V and repeat the stretch.

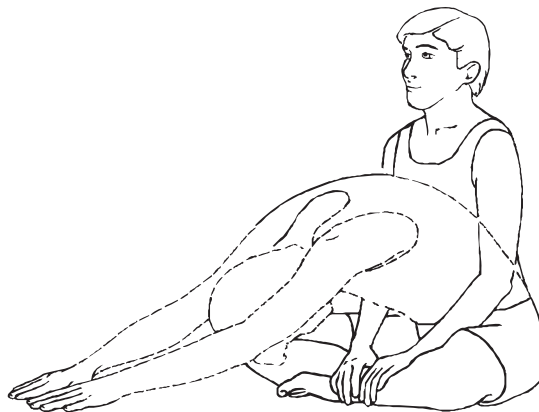


## LOWER BACK - Lumbar Rotators



Keeping back flat and feet together, rotate knees to one side. Hold at least 15 seconds. Repeat to other side.

## LOWER BACK - Mid and Lower Extensors

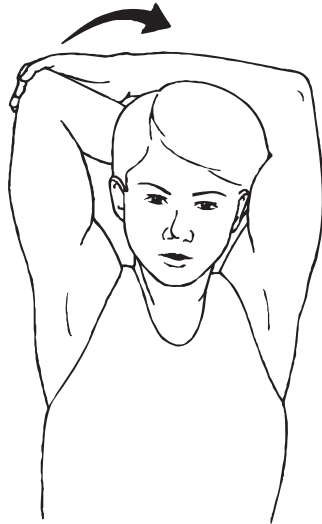


With legs crossed, lean forward until stretch is felt. Reach forward with arms. To return, put forearms on knees and push. Hold at least 15 seconds.

# STRETCHING EXERCISES

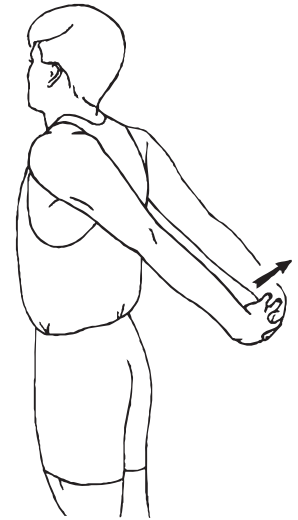
## ARMS - Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold at least 15 seconds.



## ARMS - Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold at least 15 seconds.



## SHOULDERS - Rotator Cuff

Pull right arm down with left hand until stretch is felt. Hold at least 15 seconds. Repeat with other side.

