

## ON YOUR BIKE! BEGINNER CYCLING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
1	REST	10 mins	REST	10 mins	REST	REST	10 – 15 mins
2	REST	10 mins	REST	15 mins	REST	REST	15 – 20 mins
3	REST	REST	15 – 20 mins	REST	REST	REST	20 – 30 mins
4	REST	20 mins	REST	20 mins	REST	REST	35 mins
5	REST	20 mins	REST	35 mins	REST	REST	45 mins
6	REST	20 mins	REST	20 mins	REST	REST	45 mins
7	REST	20 – 30 mins	REST	30 – 45 mins	REST	REST	5 miles
8	REST	45 mins	REST	60 mins	45 mins	REST	10 miles
9	REST	45 mins	REST	60 mins	80 mins	REST	15 miles
10	REST	60 mins	REST	60 mins	60 mins	REST	20 miles
11	REST	45 – 60 mins	REST	60 mins	60 mins	REST	20 miles
12	REST	60 mins	REST	75 – 90 mins	REST	REST	150 mins – 165 mins
13	REST	60 mins	REST	60 mins	210 mins	REST	180 mins
14	REST	30 mins	REST	45 mins	REST	REST	30 miles!

Ready for a challenge? Find your local cycling event on the [CSSC My Active](#) webpages and we can even help with the entry cost with [CSSCs Subsidy Scheme](#).