

STYRKR®

Cycling training plan for beginners

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest day	Core work & weight training (short spin after weights)	Zone 2 — 60-90 minute road ride w/ short all-out 15 second sprints every 5 minutes (include warmup and cool down)	Core work & weight training (short spin after weights)	Rest day	Group ride (road, gravel, OR mountain biking)	2-3 hour easy zone 2 endurance ride
Week 2	Rest day	Core work & weight training (short spin after weights)	Zone 2 — 60-90 minute road ride w/ 1 minute sweet spot efforts (1 min recoveries) (include warmup and cool down)	Core work & weight training (short spin after weights)	Rest day	Group ride (road, gravel, OR mountain biking)	2-3 hour easy zone 2 endurance ride
Week 3	Rest day	Core work & weight training (short spin after weights)	Zone 2 — 60-90 minute road ride w/ 20 second surges (40 second recoveries) x 5 then rest for 5 minutes and repeat (include warmup and cool down)	Core work & weight training (short spin after weights)	Rest day	Group ride (road, gravel, OR mountain biking)	2-3 hour easy zone 2 endurance ride
Week 4	Rest day	Core work & weight training (lighter weights)	Recovery spin w/ 10-15 second bouts of high cadence (90 second recoveries between 75-90 cadence)	Core work & weight training (lighter weights)	Rest day	Group ride (road, gravel, OR mountain biking) — sit on the wheel and make it easy	1-2 hour easy ride (inside chain ring — make it very easy)
Week 5	Rest day	Core work & weight training (short spin after weights)	3 minute efforts at zone 3/4 (5 minute recoveries) x5 (include warmup and cool down)	Core work & weight training (short spin after weights)	Rest day	Group ride (road, gravel, OR mountain biking)	2-3 hour easy zone 2 endurance ride
Week 6	Rest day	Core work & weight training (short spin after weights)	3 minutes at high cadence (105+) (5 minute recoveries) x5 (include warmup and cool down)	Core work & weight training (short spin after weights)	Rest day	Group ride (road, gravel, OR mountain biking)	2 hour endurance w/ 15 second all out sprints every 10 minutes (include warmup and cool down)
Week 7	Rest day	Core work & weight training (short spin after weights)	3 minutes at low cadence (45-60 RPM) (5 minute recoveries high cadence) (include warmup and cool down) (ideal session for a draggy hill climb)	Core work & weight training (short spin after weights)	Rest day	Group ride (road, gravel, OR mountain biking)	30 second kicks on a long hill (out of saddle for 10 seconds, find good tempo, easy effort) x4 (include warmup and cool down)
Week 8	Rest day	Core work & weight training (lighter weights)	1 hour recovery spin w/90 seconds high cadence (105+) efforts x5	Core work & weight training (lighter weights)	Rest day	Group ride (road, gravel, OR mountain biking) — sit on the wheel and make it easy	1-2 hour easy ride (inside chain ring)
Week 9	Rest day	Core work & weight training (short spin after weights)	4 minute efforts (alternate 1 min high cadence (100+) w/ 1 minute low cadence (45-60) (5 min recovery) x5 (include warmup and cool down)	Core work & weight training (short spin after weights)	Rest day	Group ride (road, gravel, OR mountain biking)	90 mins to 3 hours zone 2 endurance ride
Week 10	Rest day	Core work & weight training (short spin after weights)	8 minute sweet spot efforts (3 minutes recovery) x3 (include warmup and cool down)	Core work & weight training (short spin after weights)	Rest day	Group ride (road, gravel, OR mountain biking)	20x1 minute efforts at sweet spot (1 minute recoveries) (include 20-30 minute warmup and cool down)
Week 11	Rest day	Core work & weight training (short spin after weights)	20 x 1 minute sweet spot efforts (30 second recoveries) (include warmup and cool down)	Core work & weight training (short spin after weights)	Rest day	Group ride (road, gravel, OR mountain biking)	90 mins to 3 hours zone 2 endurance ride
Week 12	Rest day	Core work & weight training (lighter weights)	Recovery spin w/ 10-15 second bouts of high cadence (90 second recoveries between 75-90 cadence)	Core work & weight training (lighter weights)	Rest day	Group ride (road, gravel, OR mountain biking) — sit on the wheel and make it easy	1-2 hour easy ride (inside chain ring)

Key terms:

Warm up and Cool down (these should be 10-15 of easy cycling)

Zone 2 = endurance zone, typically 55 to 75% threshold power)

Zone 3 = 80-85% threshold power

Zone 4 = 90-105% threshold power

Sweet Spot = harder than tempo efforts, typically between 85-95% threshold power (these should be comfortably uncomfortable)

Rest week = every 4 weeks is a rest week of decreased effort & activity

Recovery spin = high cadence, focusing on leg speed — should be very easy

High cadence = 105+ RPM (typical focus on quick leg speed)

Low cadence = 45-60 RPM (typical focus on strength and pushing power through the pedals)