

Ready, Set, Go

Beginners Guide to Cycling 50km in 12 weeks



beSTRONG

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Welcome to the beSTRONG 0-50km Cycling Plan.

This 12 week plan has been broken down into 2 levels.

Level 1 is geared towards anyone who's goal is to complete the 50km ride at a comfortable pace and feeling strong.

Level 2 is geared towards someone who's goal is to complete the 50km ride in with a goal of less than 2.5 hours.

The workouts consist of:

Easy Rides - these are your recovery rides, take them nice and "easy"

Hill Rides - if you are on a trainer - increase the resistance to make it harder. For outdoor rides, find a route that has a few hills or somewhere you can do repeats of a hill. Make sure you have at least 10min warm up before you jump into the hills.

Interval Ride - these are broken up into a warm up, hard ride and a cool down. Ride the warm up and cool down as easy rides and pick up your pace for the interval.

Long Slow Ride - Enjoy these rides. They should be at a comfortable pace and are going to help increase your endurance.

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Understanding RPE:

Rate of Perceived Exertion and we use this to help you understand how hard to push yourself during a ride. A combination of time riding at different RPE levels is beneficial to help you build both strength and endurance on the bike.

0-4:

Recovery Spinning - this is your warm up pace.
You can be social and are able to chat.

5:

Easy Spinning - you are starting to sweat but still able to chat

6:

Medium Spinning - you're sweating a bit more,
able to talk but it's getting harder

7:

It's getting harder, you're sweating, breathing harder and can
talk
- just not for a long conversation.

8:

Your breathing rate is higher, you can say a few words - you're
working hard and can't sustain this intensity for long periods

9:

Yeah, this is really hard - you're not talking at all

10:

All Out/ 100% - Finish line sprint

**12-Week Beginner Cycling Program:
0-50km/ 3 sessions per week
Goal: To build a solid base for cycling 50km**

	Day	Level 1 Total Weekly Ride Time: 1h30	Level 2 Total Weekly Ride Time: 1h30	Comments	Done
Week 1 Goal: Build	Monday	Off	Off	Rest Day	
	Tuesday	30min	30min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	30min	35min	Easy Ride Indoor trainer or Outside RPE 4-5	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	30min	45min	Long Slow Ride Outdoors if possible RPE 4-5	

**12-Week Beginner Cycling Program:
0-50km/3 sessions per week
Goal: To build a solid base for cycling 50km**

	Day	Level 1 Total Weekly Ride Time: 1h40	Level 2 Total Weekly Ride Time: 2h15	Comments	Done
Week 2 Goal: Build	Monday	Off	Off	Rest Day	
	Tuesday	30min	30min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	30min	45min	Indoor trainer or Outside RPE 5-6	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	40min	1 hour	Long Slow Ride Outdoors if possible RPE 4-5	

**12-Week Beginner Cycling Program:
0-50km/3 sessions per week
Goal: To build a solid base for cycling 50km**

	Day	Level 1 Total Weekly Ride Time: 1h50	Level 2 Total Weekly Ride Time: 2h30	Comments	Done
Week 3 Goal: Build	Monday	Off	Off	Rest Day	
	Tuesday	30min	35min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	35min	45min	Easy Ride Indoor trainer or Outside RPE 5-6	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	45min	1 hour 10mins	Long Slow Ride Outdoors if possible RPE 4-5	

**12-Week Beginner Cycling Program:
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Goal: To build a solid base for cycling 50km**

	Day	Level 1 Total Weekly Ride Time: 2h	Level 2 Total Weekly Ride Time: 2h45	Comments	Done
Week 4 Goal: Build	Monday	Off	Off	Rest Day	
	Tuesday	30min	45min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	30min	45min	Hills - Outdoor- find a hilly route Trainer - add intervals at high resistance RPE 7	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	1 hour	1 hour 15min	Long Slow Ride Outdoors if possible RPE 4-5	

**12-Week Beginner Cycling Program:
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	Day	Level 1 Total Weekly Ride Time: 2h15	Level 2 Total Weekly Ride Time: 3h	Comments	Done
Week 5 Goal: Build	Monday	Off	Off	Rest Day	
	Tuesday	30min	45min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	30min	45min	Hills - Outdoor- find a hilly route Trainer - add intervals at high resistance RPE 7	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	1 hour 15min	1 hour 30 min	Long Slow Ride Outdoors if possible RPE 4-5	

**12-Week Beginner Cycling Program:
0-50km/3 sessions per week
Goal: To build a solid base for cycling 50km**

	Day	Level 1 Total Weekly Ride Time: 1h30	Level 2 Total Weekly Ride Time: 2h	Comments	Done
Week 6 Goal: Rest	Monday	Off	Off	Rest Day	
	Tuesday	30min	30min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	30min	30min	Easy Ride Indoor trainer or Outside RPE 5-6	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	30min	1 hour	Long Slow Ride Outdoors if possible RPE 4-5	

**12-Week Beginner Cycling Program:
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Goal: To build a solid base for cycling 50km**

	Day	Level 1 Total Weekly Ride Time: 2h30	Level 2 Total Weekly Ride Time: 3h15	Comments	Done
Week 7 Goal: Build	Monday	Off	Off	Rest Day	
	Tuesday	30min	30min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	30min	45min	Intervals Level 1: 10min warm up 10 min RPE 8 10min cool down Level 2: 15min warm up 15min RPE 8 15min cool down	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	1 hour 30 min	1 hour 45 min	Long Slow Ride Outdoors if possible RPE 4-5	

**12-Week Beginner Cycling Program:
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Goal: To build a solid base for cycling 50km**

	Day	Level 1 Total Weekly Ride Time: 2h45	Level 2 Total Weekly Ride Time: 3h30	Comments	Done
Week 8 Goal: Build	Monday	Off	Off	Rest Day	
	Tuesday	30min	45min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	30min	45min	Hills - Outdoor- find a hilly route Trainer - add intervals at high resistance RPE 7	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	1 hour 45min	2 hours	Long Slow Ride Outdoors if possible RPE 4-5	

**12-Week Beginner Cycling Program:
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Goal: To build a solid base for cycling 50km**

	Day	Level 1 Total Weekly Ride Time: 3h	Level 2 Total Weekly Ride Time: 3h45	Comments	Done
Week 9 Goal: Build	Monday	Off	Off	Rest Day	
	Tuesday	30min	45min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	30min	1 hour	Intervals Level 1: 10min warm up 10 min RPE 8 10min cool down Level 2: 15min warm up 30min RPE 8 15min cool down	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	2 hours	2 hours	Long Slow Ride Outdoors if possible RPE 4-5	

**12-Week Beginner Cycling Program:
0-50km/3 sessions per week
Goal: To build a solid base for cycling 50km**

	Day	Level 1 Total Weekly Ride Time: 3h30	Level 2 Total Weekly Ride Time: 4h15	Comments	Done
Week 10 Goal: Build	Monday	Off	Off	Rest Day	
	Tuesday	30min	45min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	30min	1 hour	Hills - Outdoor- find a hilly route Trainer - add intervals at high resistance RPE 7	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	2 hours 30min	2 hours 30min	Long Slow Ride Outdoors if possible RPE 4-5	

**12-Week Beginner Cycling Program:
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Goal: To build a solid base for cycling 50km**

	Day	Level 1 Total Weekly Ride Time: 2h	Level 2 Total Weekly Ride Time: 2h45	Comments	Done
Week 11 Goal: Taper	Monday	Off	Off	Rest Day	
	Tuesday	30min	30min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	30min	45min	Easy Ride Indoor trainer or Outside RPE 5-6	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	1 hour	1 hour 30min	Long Slow Ride Outdoors if possible RPE 4-5	

**12-Week Beginner Cycling Program:
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	Day	Level 1	Level 2	Comments	Done
Week 12: 50km Ride	Monday	Off	Off	Rest Day	
	Tuesday	30min	30min	Easy Ride Indoor trainer or Outside RPE 3-4	
	Wednesday	Off or Cross Train	Off or Cross Train		
	Thursday	30min	45min	Easy Ride Indoor trainer or Outside RPE 5-6	
	Friday	Off or Cross Train	Off or Cross Train		
	Saturday	30-60min Activity	30-60min Activity	Family Activity	
	Sunday	50km	50km	Go at your own pace and have fun. You have earned it!	

Congratulations!

You've made it through the 12-weeks.

How do you feel?

Let us know on social, e-mail or leave us a
Google Review.

Your cycling and strength journey doesn't
have to stop there.

Want to keep working together and
experience personalized coaching and
workouts you're guaranteed to love and
see results with?

Let's connect:

Book in a complimentary consultation:

www.beststrongtraining.ca

Follow us on Instagram:

[@beststrongtraining.ca](https://www.instagram.com/beststrongtraining.ca)

Leave a Google Review:

[Link](#)

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