

BEGINNER TRAINING SCHEDULE

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Day Off	Day Off	Day Off	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active
Walk/Run 15 Easy	Walk/Run 15 Easy (build)	Walk/Run 20 Easy (build)	Walk/Run 20 Easy (build)	Walk/Run 20 Easy (build)	Walk/Run 25 Easy (build)	Walk/Run 30 1x Hill of 1min duration	Walk/Run 35 2x Hills of 1min duration	Walk/Run 40 15 min warm up 60sec fast 60sec slow x1	Walk/Run 40 15 min warm up 60 sec fast 55 sec slow x2	Walk/Run 45 15 min warm up 60 sec fast 50 secs slow x3	Walk/Run 30 15 min warm up 60sec fast 50 sec slow x1
Walk 10 Easy	Walk 15 Easy (build)	Walk 20 Easy (build)	Walk 30 Easy (build)	Run 10 Easy (build)	Run 12 Easy (build)	Run 15 Easy (build)	Run 17 Easy (build)	Run 20 Easy (build)	Run 25 Easy (build)	Run 30 Easy (build)	Run 20 Easy Pace
Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off	Day Off
Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active	Easy Day Something Active
Bike 15 Easy	Bike 20 Easy (build)	Bike 25 Easy (build)	Bike 30 Easy (build)	Bike 30 1x Hill of 2 mins duration	Bike 40 2x Hills of 2 mins duration	Bike 45 1x Hill of 3 mins 2x Hill of 2 mins	Bike 50 3x Hills of 2 mins duration	Bike 60 1x Hill of 3 mins 10 mins hard 10 mins easy x1	Bike 70 2x Hills of 3 mins 10 mins hard 20 mins easy x1	Bike 80 2x Hill of 3 mins 10 mins hard 10 mins easy x2	Bike 20 Easy Spin
Bike/Run 17 5 min run, 10 min bike, 2 min run	Bike/Run 18 5 min run, 10 min bike, 3 min run	Bike/Run 19 5 min run, 10 min bike, 4 min run	Bike/Run 20 5 min run, 10 min bike, 5 min run	Bike/Run 25 5 min run, 15 min bike, 5 min run	Bike/Run 30 10 min run, 15 min bike, 5 min run	Bike/Run 35 10 min run, 20 min bike, 5 min run	Bike/Run 40 15 min run, 20 min bike, 5 min run	Bike/Run 45 15 min run, 25 min bike, 5 min run	Bike/Run 55 15 min run, 30 min bike, 10 min run	Bike/Run 60 20 min run, 30 min bike, 10 min run	RACE
Phase	Taper			Strength: Include hills in training rides & runs				Speed Work: Intervals fast/slow			Taper

Ideas for 'Something Active'

30 minutes of light exercise including, but not limited to:

Casual swim, housework, light walk, playing ball with the kids, home exercise video, Yoga, Pilates, Tai Chi, stretching, window shopping, light weights training, aqua joggi