

## 4 Week Training Plan

Week 1	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<b>Ride</b> ⌚ 20-25 mins 	<b>Strength/ Cross Train</b> 	<b>Active Recovery or Rest</b> 	<b>Ride</b> ⌚ 20-25 mins 	<b>Core and Flexibility</b> 	<b>Ride</b> ⌚ 20-25 mins 	<b>Active Recovery or Rest</b> 
Week 2	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<b>Ride</b> ⌚ 30 mins 	<b>Strength/ Cross Train</b> 	<b>Active Recovery or Rest</b> 	<b>Ride</b> ⌚ 30-45 mins 	<b>Core and Flexibility</b> 	<b>Ride</b> ⌚ 45-60 mins 	<b>Active Recovery or Rest</b> 
Week 3	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<b>Ride</b> ⌚ 45 mins 	<b>Strength/ Cross Train</b> 	<b>Active Recovery or Rest</b> 	<b>Ride</b> ⌚ 45-60 mins 	<b>Core and Flexibility</b> 	<b>Ride</b> ⌚ 60-75 mins 	<b>Active Recovery or Rest</b> 
Week 4	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	<b>Ride</b> ⌚ 45-60 mins 	<b>Strength/ Cross Train</b> 	<b>Active Recovery or Rest</b> 	<b>Ride</b> ⌚ 60 mins 	<b>Core and Flexibility</b> 	<b>Ride</b> ⌚ 75-90 mins 	<b>Active Recovery or Rest</b> 

### Strength/Cross Training

Gym  
Circuits  
Swimming  
Jog/Walk  
Pilates/Yoga

### Core and Flexibility

Planks (front and side)  
Bird Dog  
Bridges  
Side Lying Leg Lifts  
Stretches (Quads, Hamstrings, Calves, Glutes)  
Foam Roller (Quads, Hamstrings, Calves)

### Active Recovery or Rest

Easy Walk  
Swim/Pool Walk  
Yoga

*\*Please use this training plan as a guide only. Listen to your body and go at your own pace.*

Training plan provided thanks to

**ALLSPORTS**  
PHYSIOTHERAPY