

CYCLING PROGRAM

RATE OF PERCEIVED EXERTION SCALE (RPE)

2 - 4	VERY EASY (easy to hold a conversation)
5	EASY (comfortable to talk while cycling)
6 - 7	MODERATELY DIFFICULT
8	DIFFICULT (heavy breathing; hard to talk)
9	VERY DIFFICULT (barely breathing)
10	EXHAUSTING (working to your absolute limit)

ADAPT YOUR EFFORT
TO THE LEVEL OF
DIFFICULTY INDICATED
FOR EACH WORKOUT.
REFER TO THIS
SCALE.

FRIENDLY TIPS

- Begin and end each workout with 10 minutes of low-intensity cycling (Rate of Perceived Exertion Scale: 3 - 4).
- Ideally, and especially if you're a beginner, avoid cycling on several consecutive days. Workouts can be postponed, but following the order is preferable.
- Muscle-building exercises and stretching can help you become a better cyclist. Don't forget to include them!
- If the weather is bad, replace the cycling workout with a walking workout.
- Don't forget to bring water on each of your outings.
- Make sure your bike is properly fitted (handlebars and seat) and in good working order (proper tire pressure, chain oiled, brakes function properly).
- If you are experiencing pain, replace your bicycle outings with something else such as walking, swimming or hiking. If the pain persists for more than 3 days, consider seeing a doctor.
- If you lack time or motivation, try doing 5 to 10 minutes of low-intensity cycling. A little is always better than nothing at all.
- Do not deny yourself the opportunity to practise physical activities other than those in the workout plan.

CYCLING PROGRAM

PROGRAM DESIGNED BY
ISABELLE GAGNON, KINESIOLOGIST

FITSPIRIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<p>TOTAL: 30 min</p> <p>10 min: cycling warm-up</p> <p>10 min: continuous cycling</p> <p>10 min: cool down</p> <p>RPE 6</p>	<p>STRENGTH TRAINING</p> <p>See the STRENGTH TRAINING page.</p> <p>STRETCHING</p> <p>See the STRETCHING page.</p>	REST	<p>TOTAL: 30 min</p> <p>10 min: cycling warm-up</p> <p>10 min: continuous cycling</p> <p>10 min: cool down</p> <p>RPE 6</p>	<p>STRENGTH TRAINING</p> <p>See the STRENGTH TRAINING page.</p> <p>STRETCHING</p> <p>See the STRETCHING page.</p>	<p>TOTAL: 30 min</p> <p>10 min: cycling warm-up</p> <p>10 min: continuous cycling</p> <p>10 min: cool down</p> <p>RPE 6</p>	REST
WEEK 2	<p>TOTAL: 30 min</p> <p>10 min: cycling warm-up</p> <p>10 min: continuous cycling</p> <p>10 min: cool down</p> <p>RPE 6</p>	<p>STRENGTH TRAINING</p> <p>See the STRENGTH TRAINING page.</p> <p>STRETCHING</p> <p>See the STRETCHING page.</p>	REST	<p>TOTAL: 30 min</p> <p>10 min: cycling warm-up</p> <p>10 min: continuous cycling</p> <p>10 min: cool down</p> <p>RPE 6</p>	<p>STRENGTH TRAINING</p> <p>See the STRENGTH TRAINING page.</p> <p>STRETCHING</p> <p>See the STRETCHING page.</p>	<p>TOTAL: 40 min</p> <p>10 min: cycling warm-up</p> <p>20 min: continuous cycling</p> <p>10 min: cool down</p> <p>RPE 6</p>	REST

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 3	TOTAL: 35 min 10 min: cycling warm-up 15 min: continuous cycling 10 min: cool down RPE 6	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	REST	TOTAL: 35 min 10 min: cycling warm-up 15 min: continuous cycling 10 min: cool down RPE 6	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	TOTAL: 45 min 10 min: cycling warm-up 25 min: continuous cycling 10 min: cool down RPE 6	REST
WEEK 4	TOTAL: 35 min 10 min: cycling warm-up 15 min: continuous cycling 10 min: cool down RPE 6	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	REST	TOTAL: 35 min 10 min: cycling warm-up 15 min: continuous cycling 10 min: cool down RPE 6	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	TOTAL: 50 min 10 min: cycling warm-up 30 min: continuous cycling with 2-3 climbs 10 min: cool down RPE 6 - 7	REST

CYCLING PROGRAM

FITSPIRIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 5	TOTAL: 35 min 10 min: cycling warm-up 15 min: continuous cycling 10 min: cool down RPE 6	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	REST	TOTAL: 35 min 10 min: cycling warm-up 15 min: cycling with 6 x (30 s fast/1 min slow) 10 min: cool down RPE 7 - 8	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	TOTAL: 60 min 10 min: cycling warm-up 40 min: continuous cycling with 2-3 climbs 10 min: cool down RPE 6	REST
WEEK 6	TOTAL: 35 min 10 min: cycling warm-up 15 min: continuous cycling 10 min: cool down RPE 6	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	REST	TOTAL: 40 min 10 min: cycling warm-up 20 min: cycling with 10 x (30 s fast/1 min slow) 10 min: cool down RPE 7 - 8	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	TOTAL: 70 min 10 min: cycling warm-up 50 min: continuous cycling with 2-3 climbs 10 min: cool down RPE 6 - 7	REST

CYCLING PROGRAM

FITSPIRIT

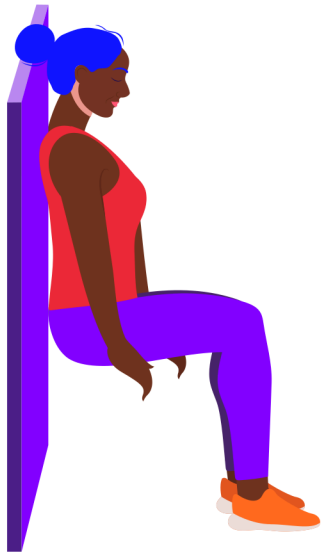
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 7	TOTAL: 35 min 10 min: cycling warm-up 15 min: continuous cycling 10 min: cool down RPE 6	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	REST	TOTAL: 40 min 10 min: cycling warm-up 20 min: cycling with 8 x (45 s fast/1 min slow) 10 min: cool down RPE 7 - 8	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	TOTAL: 50 min 10 min: cycling warm-up 30 min: continuous cycling with 2-3 climbs 10 min: cool down RPE 6 - 7	REST
WEEK 8	TOTAL: 30 min 10 min: cycling warm-up 10 min: continuous cycling 10 min: cool down RPE 6	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	REST	TOTAL: 30 min 10 min: cycling warm-up 10 min: continuous cycling 10 min: cool down RPE 6	STRENGTH TRAINING See the STRENGTH TRAINING page. STRETCHING See the STRETCHING page.	ORGANIZE A BICYCLE OUTING WITH FRIENDS , IF YOU FEEL LIKE IT.	



STRENGTH TRAINING

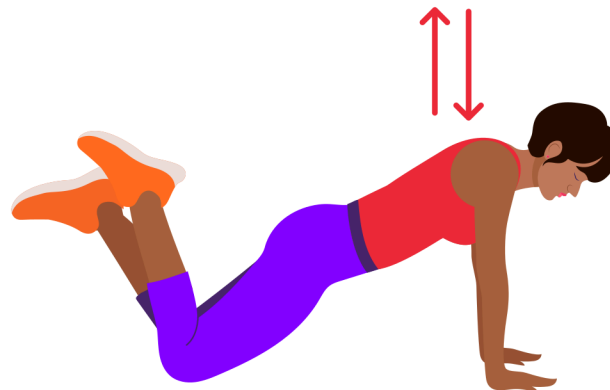
Do the three exercises below one after the other. Pause for a minute, then, repeat them a second time.

WEEKS 1 TO 4



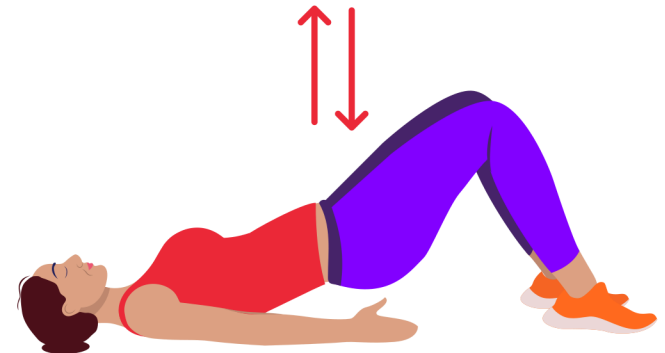
**CHAIR POSITION
AGAINST THE WALL**

30 SECONDS



**PUSH-UP ON KNEES
OR TOES**

15 REPETITIONS



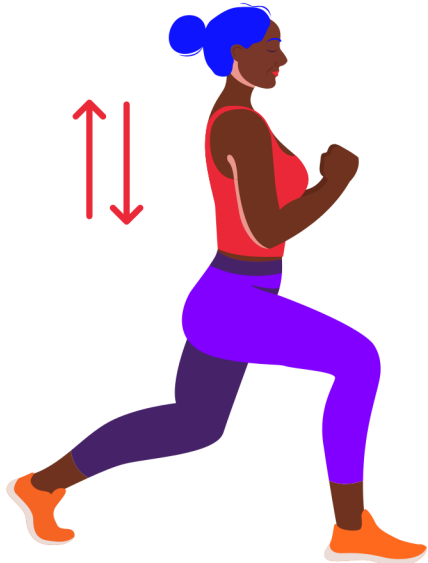
**BRIDGE, FEET ON THE
FLOOR**

15 REPETITIONS

STRENGTH TRAINING

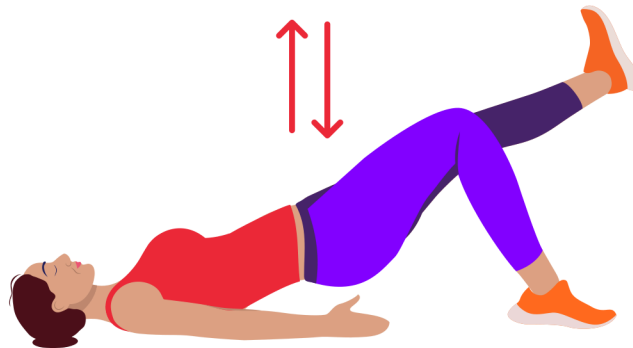
Do the three exercises below one after the other. Pause for a minute, then do them a second time.

WEEKS 5 TO 8



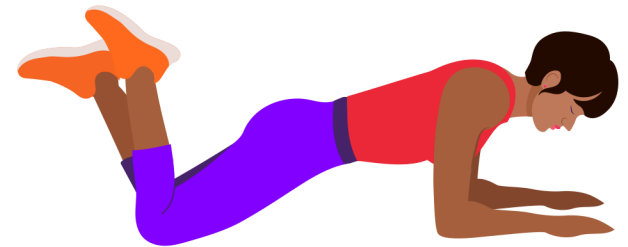
STATIONARY LUNGE

12 REPETITIONS
ON EACH SIDE



**LIFT, ONE FOOT ON
THE FLOOR**

12 REPETITIONS
ON EACH SIDE



**PLANK, ON THE
KNEES OR THE TOES**

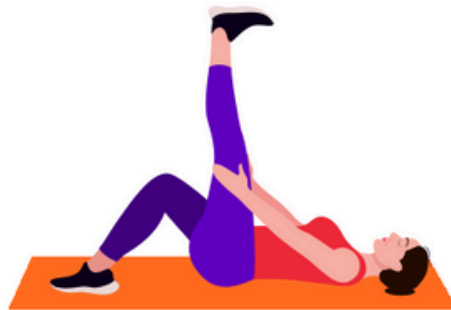
30 SECONDS

STRETCHING

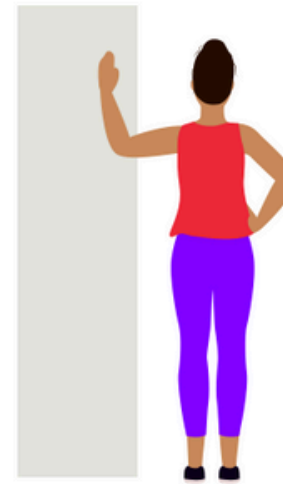
Hold each posture for 30 seconds to 1 minute on each side.



QUADRICEPS
(FRONT OF THE THIGH)



HAMSTRINGS
(BACK OF THE THIGH)



CHEST AND SHOULDERS



CALVES
(BACK OF THE LEG)