

# 28-DAY PROGRAMME

# GET FIT BY CYCLING

	MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK 1	15 mins steady riding	20 mins steady riding	REST	20 mins steady riding	REST	20 mins steady riding	20 mins steady riding
WEEK 2	20 mins steady riding; 4 x sets interval riding*	REST	20 mins steady riding; 4 x sets interval riding*	REST	30 mins steady riding	30 mins steady riding	REST
WEEK 3	30 mins steady riding; 5 x sets interval riding* (higher resistance)	REST	45 mins steady riding	30 mins steady riding; 5 x sets interval riding* (higher resistance)	REST	30 mins steady riding	45 mins steady riding
WEEK 4	REST	30 mins steady riding; 5 x sets interval riding* (higher resistance)	REST	30 mins steady riding; 5 x sets interval riding* (higher resistance)	REST	60 mins steady riding	60 mins steady riding

\* Interval riding = 1 minute hard pedalling, then 2 minutes at a comfortable resistance.

## WHAT NEXT?

If this plan is too easy for you, or if you've completed your 28-day workout and you're looking for the next challenge, increase the workout intensity by increasing the number of interval riding sets you complete in each workout. Alternatively, you could try a spin class at your local gym - these classes, led by an instructor, are designed to challenge your fitness levels while riding an indoor bike.

## HELPFUL HINTS

- Make sure that the handle bars and seat are in a comfortable position.
- Check that the seat height is in line with your hip joint (when standing).
- Ensure your indoor bike is placed somewhere in your house where you can and will use it, and where you can access it easily.



People who are inactive or have any medical problems may need a medical clearance before embarking on any new exercise programme. If you have any doubts or concerns, see your doctor or an exercise physiologist for individualised advice.