

Your Road to 50K

SIX - WEEK BIKE TRAINING PLAN

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	REST DAY	30 min. stationary bike or outdoors at TP	<p>Cross Training: Perform 1-2 Rounds</p> <ul style="list-style-type: none"> • 10 x Squats • 10 x Eccentric calf raises (perform calf raises on a stair and allow heels to drop below parallel) • Wall sit 10-30 seconds • Plank hold 10-30 seconds • Accessory work (see below) 	30 min. stationary bike or outdoors at TP + stretch/ yoga	<p>Rest or Cross Training: Perform 1-2 Rounds</p> <ul style="list-style-type: none"> • 10 x Squats • 10 x Eccentric calf raises (perform calf raises on a stair and allow heels to drop below parallel) • Wall sit 10-30 seconds • Plank hold 10-30 seconds • Accessory work (see below) 	45 min. stationary bike or outdoors at TP	30-45 min. bike, jog, or hike at TP + stretch/ yoga
WEEK 2	REST DAY	35-45 min. stationary bike or outdoors at TP	<p>Cross Training: Repeat 3x through</p> <ul style="list-style-type: none"> • 10 x Squats weighted (can use household items in a backpack if you do not have weights) • 15 x Bridges • 10 x Eccentric calf raises • Wall sit 35-45 seconds • Plank hold 30 seconds • Accessory work (see below) 	35-45 min. stationary bike or outdoors at TP + stretch/ yoga	<p>Cross Training: Repeat 3x through</p> <ul style="list-style-type: none"> • 10 x Squats weighted (can use household items in a backpack if you do not have weights) • 15 x Bridges • 10 x Eccentric calf raises • Wall sit 35-45 seconds • Plank hold 30 seconds • Accessory work (see below) 	60 min. stationary bike or outdoors at TP	30 min. bike, jog, or hike at TP + stretch/ yoga
WEEK 3	REST DAY	45 min. stationary bike or outdoors at TP (15-20 min. at MP)	<p>Cross Training: Repeat for 30 min.</p> <ul style="list-style-type: none"> • 15 x Squats • 15 x Bridges • 15 x Eccentric calf raises • Side plank 20-30 seconds • Plank hold 30-45 seconds (alternate between low and high plank from knees or toes) • Accessory work (see below) 	60 min. stationary bike or outdoors at TP (15-20 min. at MP)	<p>Cross Training: Repeat for 30 min.</p> <ul style="list-style-type: none"> • 15 x Squats • 15 x Bridges • 15 x Eccentric calf raises • Side plank 20-30 seconds • Front plank 30-45 seconds (alternate between low and high plank from knees or toes) • Accessory work (see below) 	90 min. stationary bike or outdoors at TP	45 min. bike, jog, or hike at TP + stretch/ yoga
WEEK 4	REST DAY	60 min. stationary bike or outdoors at TP (20 min. at MP. Every 5 min. push to HP for 30 sec., unless performing ride with a lot of hills)	<p>Cross Training: Repeat for 35 min.</p> <ul style="list-style-type: none"> • 10 each x Lunges alternating • 20 x Bridges with heels elevated on couch or chair • 10 x Squat to overhead press • Side plank 20-30 seconds • Front plank 1 min. (alternate between low and high plank from knees or toes) • Accessory work (see below) 	60 min. stationary bike or outdoors at TP (20 min. at MP) + stretch/ yoga	<p>Cross Training: Repeat for 35 min.</p> <ul style="list-style-type: none"> • 10 each x Lunges alternating • 20 x Bridges with heels elevated on couch or chair • 10 x Squat to overhead press • Side plank 20-30 seconds • Front plank 1 min. (alternate between low and high plank from knees or toes) • Accessory work (see below) 	120 min. stationary bike or outdoors at TP	45 min. bike, jog, or hike at TP (every 5 min. perform 1 min. at M-HP) + stretch/ yoga

Terms: Talking Pace (TP), Moderate Pace (MP), Hard Pace (HP)

Cross Training Days: These are designed to go at your own pace and comfort level. Please scale as needed or desired depending on your most recent activity level.

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	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 5	REST DAY	60 min. stationary bike or outdoors at TP (20 min. at MP or find a hill climb)	Cross Training: Repeat for 35 min. <ul style="list-style-type: none"> 10 each x Lunges alternating 20 x Bridges with heels elevated on couch or chair 10 x Squat to overhead press Side plank 20-30 seconds Front plank 1 min. (alternate between low and high plank from knees or toes) Accessory work (see below) 	60 min. stationary bike or outdoors at TP (20 min. at MP) + stretch/yoga	Cross Training: Repeat for 35 min. <ul style="list-style-type: none"> 10 each x Lunges alternating 20 x Bridges with heels elevated on couch or chair 10 x Squat to overhead press Side plank 20-30 seconds Front plank 1 min. (alternate between low and high plank from knees or toes) Accessory work (see below) 	60 min. stationary bike or outdoors at TP	45 min. bike, jog, or hike at TP (every 5 min. perform 1 min. at M-HP) + stretch/yoga
WEEK 6	REST DAY	60 min. stationary bike or outdoors at TP. Push to HP on hill climbs	Cross Training: Repeat for 35 min. <ul style="list-style-type: none"> 10 each x Lunges alternating 20 x Bridges with heels elevated on couch or chair 10 x Squat to overhead press Side plank 20-30 seconds Front plank 1 min. (alternate between low and high plank from knees or toes) Accessory work (see below) 	60 min. stationary bike or outdoors at TP (20 min. at MP) + stretch/yoga	Cross Training: Repeat for 35 min. <ul style="list-style-type: none"> 10 each x Lunges alternating 20 x Bridges with heels elevated on couch or chair 10 x Squat to overhead press Side plank 20-30 seconds Front plank 1 min. (alternate between low and high plank from knees or toes) Accessory work (see below) 	90 min. stationary bike or outdoors at TP. Push to MP on hill climbs	45 min. bike, jog, or hike at TP (15 min. at MP) + stretch/yoga

Terms: Talking Pace (TP), Moderate Pace (MP), Hard Pace (HP)

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STRETCHES & ACCESSORY WORK

Incorporating stretching and/or yoga 1-2x weekly is going to be important as you transition back onto the bike 2-4 days a week. The stretches below are focus on hip-openers. Lunges and squats also serve as great mobility movements. Substituting biking for one day of hiking, swimming, or running is also a great option as noted below to help the body move more fluidly and still get your aerobic work in.

Hold each stretch for 60 seconds or as tolerated; can be performed after walking.



Perform 3 sets of 10 marches or steps per foot or as tolerated.



Forward "T" 3 x 10 per side



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