

May 2021 Beginner



Sydney Children's
Hospitals Foundation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 hour easy ride: focus on taking deep breaths ¹
1 hour easy ride: focus on using your glutes (bottom muscles) ²	1 hour easy ride: focus on achieving a full pedal stroke ³	Take a rest day ⁴	1 hour ride: focus on breathing, glute muscle activation and pedal stroke ⁵	2 hour ride ⁶	Take a rest day ⁷	1 hour ride – increase your usual number of pedal revolutions per minute (RPM) to improve speed and efficiency ⁸
1 hour ride twice, cycle for 3 min in a bigger (heavier) gear. 3 min of low intensity cycling to recover after each set ⁹	Take a rest day ¹⁰	1 hour easy ride ¹¹	Take a rest day ¹²	2 hour endurance ride ¹³	1 hour easy ride: focus on taking deep breaths ¹⁴	Take a rest day ¹⁵
1 hour easy ride: focus on using your glutes ¹⁶	1 hour easy ride: focus on achieving a full pedal stroke CIRCLE ¹⁷	Take a rest day ¹⁸	1 hour ride focus on breathing, glute muscle activation and pedal stroke ¹⁹	2 hour endurance ride ²⁰	Take a rest day ²¹	1 hour ride twice, do 10 sec sprints at your maximum speed, with 5 min of recovery between each set ²²
1 hour ride focus on breathing, glute muscle activation and pedal stroke ²³	Take a rest day ²⁴	1 hour ride: twice, cycle for 3 min in a bigger (heavier) gear. 3 min of low intensity cycling to recover after each set ²⁵	1 hour easy ride ²⁶	Take a rest day ²⁷	1.5 hour easy ride ²⁸	Take a rest day ²⁹
1 hour ride: twice, do 5 sec sprints in a smaller (lighter) gear, with 5 min of recovery between each set ³⁰	PEDAL 4 KIDS last day of challenge. Enjoy your growing fitness and continue with your health journey. Thank you for shining a light on kids' respiratory illnesses! ³¹					