

# May 2021

## Intermediate



Sydney Children's  
Hospitals Foundation



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 hour easy ride: focus on taking deep breaths <sup>1</sup>
1 hour easy ride: focus on using your glutes (bottom muscles) <sup>2</sup>	1 hour easy ride: focus on achieving a full pedal stroke (CIRCLE) <sup>3</sup>	Take a rest day <sup>4</sup>	2 hour ride: focus on breathing, glute muscle activation and pedal stroke <sup>5</sup>	2 hour ride <sup>6</sup>	Take a rest day <sup>7</sup>	1.5 hour ride: increase your usual number of pedal revolutions per minute (RPM) to improve speed and efficiency <sup>8</sup>
1 hour ride: four times, cycle for 3 min in a bigger (heavier) gear. 3 min of low intensity cycling to recover after each set <sup>9</sup>	Take a rest day <sup>10</sup>	1 hour easy ride <sup>11</sup>	1 hour ride: once in ride, cycle for 10 min with an average RPM above 100 <sup>12</sup>	3 hour endurance ride <sup>13</sup>	Take a rest day <sup>14</sup>	1.5 hour easy ride: focus on deep breaths <sup>15</sup>
1.5 hour easy ride: focus on using your glutes (bottom muscles) <sup>16</sup>	1.5 hour easy ride: focus on achieving a full pedal stroke (CIRCLE) <sup>17</sup>	Take a rest day <sup>18</sup>	1 hour ride: focus on breathing, glute muscle activation and pedal stroke <sup>19</sup>	2 hour endurance ride <sup>20</sup>	Take a rest day <sup>21</sup>	1.5 hour ride: 4 x 10sec sprints at your maximum speed, with 5 min of recovery between each set <sup>22</sup>
1 hour ride: focus on breathing, glute muscle activation and pedal circle <sup>23</sup>	Take a rest day <sup>24</sup>	2 hour ride: 4 x, cycle for 3 min in a bigger (heavier) gear. 3 min of low intensity cycling to recover after each set <sup>25</sup>	1 hour easy ride <sup>26</sup>	Take a rest day <sup>27</sup>	2.5 hour easy ride <sup>28</sup>	Take a rest day <sup>29</sup>
1 hour ride: 2 x 5 sec sprints in a smaller (lighter) gear, with 5 min of recovery between each set <sup>30</sup>	PEDAL 4 KIDS last day of challenge. Enjoy your growing fitness and continue with your healthy journey. Thank you for shining a light on kids' respiratory illnesses! <sup>31</sup>					