

Your Dream Biking Adventure - BASE Phase

No one wants to start slow, ever! But, by utilizing the 3-S Method "Start Slow & Steady" it will help eliminate and avoid injuries and set-backs further down the road. Start slow, take care of your body and your body will take you amazing places!



Base

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week 1	1 E Easy ride 30 minutes Stretch	2 M Bodyweight workout Stretch	3 E Walk or Run 30 minutes Stretch	4 M Easy 20 min cardio & Bodyweight workout OR 45 minute ride, including 3-5 tempos, Stretch	5 Rest Day	6 H Long ride - easy to moderate pace for 1-1.5 hours Stretch	7 E Light cardio of choice, 30-60 minutes Stretch
	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓
	Note:	Note:	Note:	Note:	Note:	Note:	Note:
week 2	8 M cardio of choice 20 minutes, Bodyweight workout, Stretch	9 E Walk or Ride 30 minutes Stretch	10 M Bodyweight workout Stretch	11 M Tempo ride, alternate moderate to fast riding for 30-45 minutes Stretch	12 Rest Day	13 H Long ride @ moderate to hard pace for 1.5 hours + 10 minutes tempo pedaling. Stretch	14 M Light cardio of choice, 1 hour Stretch
	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓
	Note:	Note:	Note:	Note:	Note:	Note:	Note:
week 3	15 M Cardio of choice 20 minutes, Bodyweight workout Stretch	16 E Walk or Ride 30 minutes Stretch	17 M Bodyweight workout Stretch	18 H Tempo ride, alternate moderate to fast riding for 45+ minutes Stretch	19 Rest Day	20 M Long ride @ easy pace 2 hours + 10-15 minutes tempo pedaling. Stretch	21 E Light cardio of choice, 1 hour Stretch
	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓
	Note:	Note:	Note:	Note:	Note:	Note:	Note:
week 4	22 Wildcard day - pick your workout or simply rest	23 E Walk or Ride 30 minutes Stretch	24 M Bodyweight workout Stretch	25 E Easy ride 45 minutes Stretch	26 Rest Day	27 M Long ride @ easy to moderate pace for 2 hours Stretch	28 M Light cardio of choice or Bodyweight workout Stretch
	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓	Finished? Yes or no? ↓
	Note:	Note:	Note:	Note:	Note:	Note:	Note:
week 5	29	30	31				

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Notes

next sheet →