



12 Week Beginner Training Plan

Follow our 12 week training plan which was designed by experienced cyclists from the Kenmare Cycling Club.

There is a training plan to suit beginners and intermediate cyclists.



General Tips

Gear

Invest in good quality gear including a helmet, waterproof jacket, gel shorts and repair kit.

Get a proper bike fit

Having a bike that fits properly allows you cycle more efficient and help avoid soreness or injury.

Know the rules of the road

Always cycle with the traffic and obey the traffic signs.
Be alert to cars and never cycle with headphones on.

Strong core

Introduce strength training into your training plan.
A strong core helps you cycle more efficiently and reduces the risk of injury.

Hydrate and fuel up

Drink and eat a little and often to avoid dehydration and a drop in energy levels.

Rest

After an intensive training session ensure you give your body time to recover and repair before your next training session.

Much of the training is set around a moderate pace with some sessions at a higher intensity and some at a lower one

Intensity Levels

On the training plan below, a 10 point rating of perceived exertion scale is used.

The levels of rating are as follows:

- 0 **Nothing at all**
- 1 **Very light**
- 2 **Light**
- 3 **Moderate**
- 4 **Hard**
- 5 **Very hard**

Medical Disclaimer:

Always consult your doctor before beginning any exercise program. If you experience any pain or difficulty with this exercise program, stop and consult your doctor.



4 steps to riding the Ring of Beara Cycle Kenmare



STEP 1: Sign up

You will be more motivated to train once you have registered and have the date on your training calendar.

Round up a group of friends and share the brilliant experience of the Ring of Beara Cycle Kenmare.

You can register:

Online:

www.ringofbearacyclekenmare.com

By Post:

Download postal form from the website above

STEP 2: Assemble gear

Cycling is like any sport in terms of gear, you get what you pay for. It is worth investing in the essential items for cycling. Which include:

Bike

Ensure your bike fits properly and in good working order

Helmet

Be safe and always wear a helmet at all times.

Padded shorts

Investing in padded shorts can prevent soreness and chafing on a long cycle.

Repair Kit

Attach a repair kit, spare tube and pump to your bike.

Food and snacks

When cycling you burn a lot of calories. Carry dry snacks such as granola bars, bananas and plenty of water

STEP 3: Plan your training schedule

Develop a weekly plan -

Having a training plan helps you stay focused. In general aim to ride 2-3 times a week, which includes 1 long cycle.

Cross train

Doing another kind of fitness work out such as running, swimming or yoga can help build strength and flexibility into muscles that cyclist don't use.

Stay Fresh

Change your cycling routes to avoid getting bore.

Join a cycle group

This helps keep you motivated and push yourself on a long ride. You can learn training tips from other cyclists.

REST

There is no benefit in going for a cycle if you are sick or injured. Taking a few days off from a training programme is better than been forced to stop for months due to injury.

STEP 4: Training plan

Follow the Kenmare Cycling Club training plan.

Training Plan Key:

Rest & Stretch:

Spending time to stretching after exercise will increase flexibility and decrease risk of injury. Ensure to allow your body rest recovery after an intensive cycle.

Cross Train:

Can include swimming, Yoga, Pilates, Core Strength class or any gym session.

Bike:

Record your average speed on each ride to track your progress.



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Beginners 12 Week Training Plan

Distance Goal: **110km** · Starting Fitness level: **Basic** · Aim: **Improve fitness for the Ring of Beara Cycle**



WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT	WEEKLY TOTAL
1	BIKE 15km Level 3	Rest & Stretch	Cross Train	BIKE 20km Level 3	Rest & Stretch	Rest & Stretch	Rest & Stretch	35km
2	BIKE 25km Level 3	Rest & Stretch	Cross Train	BIKE 25km Level 3	Rest & Stretch	Rest & Stretch	Rest & Stretch	50km
3	BIKE 30km Level 3	Rest & Stretch	Cross Train	BIKE 20km Level 3	Rest & Stretch	BIKE 20km Level 3	Rest & Stretch	70km
4	BIKE 35km Level 3	Rest & Stretch	Cross Train	BIKE 20km Level 4	Rest & Stretch	BIKE 30km Level 3	Rest & Stretch	85km



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WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT	WEEKLY TOTAL
5	BIKE 45km Level 3	Rest & Stretch	Cross Train	BIKE 25km Level 4	Rest & Stretch	BIKE 20km Level 4	Rest & Stretch	90km
6	BIKE 50km Level 3	Rest & Stretch	Cross Train	BIKE 25km Level 4	Rest & Stretch	BIKE 25km Level 3-4	Rest & Stretch	100km
7	BIKE 55km Level 3	Rest & Stretch	Cross Train	BIKE 25km Level 4	Rest & Stretch	BIKE 20km Level 3-4	Rest & Stretch	100km
8	BIKE 60km Level 3	Rest & Stretch	Cross Train	BIKE 30km Level 3-4	Rest & Stretch	BIKE 20km Level 5	Rest & Stretch	110km



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WEEK	SUN	MON	TUES	WED	THURS	FRI	SAT	WEEKLY TOTAL
9	BIKE 70km Level 3	Rest & Stretch	Cross Train	BIKE 25km Level 3-4	Rest & Stretch	BIKE 30km Level 4	Rest & Stretch	125km
10	BIKE 70km Level 4	Rest & Stretch	Cross Train	BIKE 25km Level 3-4	Rest & Stretch	BIKE 20km Level 4	Rest & Stretch	115km
11	BIKE 80km Level 3	Rest & Stretch	Cross Train	BIKE 30km Level 5	Rest & Stretch	BIKE 30km Level 4	Rest & Stretch	140km
12	BIKE 90km Level 3	Rest & Stretch	Cross Train	BIKE 25km Level 5	Rest & Stretch	BIKE 30km Level 4	Rest & Stretch	135km
RACE WEEK	BIKE 30km Level 3	Rest & Stretch	Cross Train	BIKE 20km Level 3-4 (H)	Rest & Stretch	Check Bike	Event Day	