



Beginner Training Plan

Welcome

Hello everyone,

Welcome to training with Cigala cycling.

I'm glad you have chosen me to help you get fitter for the Ring of Beara.

My goal is not just to make you stronger but also to provide a fun experience in the next 12 weeks along with giving you some of my best advice for on and off the bike.

In the next 12 weeks, we will focus on different areas of training to ensure on the event day, you will be ready. We will increase volume and intensity gradually.

I am here to help achieve your goals using the latest cutting-edge technology, science and support blended with my 25+ years experience in the sport, between racing all my life and coaching for over a decade thousands of athletes from different disciplines.

I am a perfectionist and obsessed by performance by nature. My experience in coaching goes beyond science and books; it is taken to the next level by having a full understanding of the physical and physiological aspects of being an athlete.

If at any time, you wish a personalised training plan or simply have any questions, please don't hesitate to contact me, I am always happy to help.

#TrainSmarterRideFaster

Safe cycling,

Matteo Cigala
Head Coach at Cigala Cycling



WEEK 1

| | | | |
|-------------------------|--|---|----------------------|
| Monday | Rest Day | | Link |
| Tuesday 53m | 15 min 3 min 5 min Recovery 20 min Test 10 min Cool Down After that, set your zones For Heart Rate (HR) take the 20 min avg heart rate, decrease the result by 5%. This is your FTTH. Enter the number in the appropriate section in the link. For power, you can simply enter your avg power. After that, remember to write down your training zones. | @ 90-100 RPM progressive warm up effort at 80% @ 80-90 RPM @ 90-100 RPM 100% @ free cadence @ 90-100 RPM | Link |
| Wednesday 45m | Stretching Exercises 1-17 | | Link |
| Thursday 41m | 10 min 3x5 min Zone 3 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 80-90 RPM (3 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Friday 45m | Rest Day | | |
| Saturday 60m | Optional Active Recovery Ride Zone 2 | @ 90-100 RPM | |
| Sunday 2h 4m | 45 min 3x8 min Zone 3, alternating - 1 min - 1 min 5 min recovery in between sets 45 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM @ 90-100 RPM @ 90-100 RPM @ 90-100 RPM | |

WEEK 2

| | | | |
|-------------------------|---|---|----------------------|
| Monday | Rest Day | | Link |
| Tuesday 52m | 10 min 3 min Zone 4 3 min Zone 1 2x8 min, alternating - 1min Zone 5 - 1 min Zone 1 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (10min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Wednesday 45m | Stretching Exercises 1-17 | | Link |
| Thursday 41m | 10 min 2x8 min Zone 3 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 100-110 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Friday 45m | Core Exercises 18-37 | | Link |
| Saturday 60m | Optional Active Recovery Ride Zone 2 | @ 90-100 RPM | |
| Sunday 2h 10m | 45 min 2x15 min Zone 3 Piramidal 45 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 On a flat road, start with your biggest gear, every minute shift up the cassette one gear for 8 steps, then shift down 7 steps (10 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |

WEEK 3

| | | | |
|-------------------------|--|--|----------------------|
| Monday | Rest Day | | Link |
| Tuesday 48m | 10 min 3 min Zone 4 3 min Zone 1 2x6 min, alternating - 30 sec Zone 5 - 30 sec Zone 1 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (10 min recovery in between sets @ 90-100 RPM) if using power on this session is Zone 6, not Zone 5 @ 90-100 RPM | |
| Wednesday 45m | Stretching Exercises 1-17 | | Link |
| Thursday 41m | 10 min 3x6 min Zone 3 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 100-110 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Friday 45m | Core Exercises 18-37 | | Link |
| Saturday 60m | Optional Active Recovery Ride Zone 2 | @ 90-100 RPM | |
| Sunday 2h 4m | 45 min 3x8 min Zone 3, alternating - 1 min - 1 min 45 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM @ 90-100 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |

WEEK 4

| | | | |
|-------------------------|---|--|----------------------|
| Monday | Rest Day | | Link |
| Tuesday 51m | 10 min 3 min Zone 4 3 min Zone 1 2x10 min alternating - 1min Zone 5 - 1 min Zone 1 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Wednesday 45m | Stretching Exercises 1-17 | | Link |
| Thursday 55m | 10 min 2x15 min Zone 3 Piramidal 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 On a flat road, start with your biggest gear, every minute shift up the cassette one gear for 8 steps, then shift down 7 steps (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Friday 45m | Core Exercises 18-37 | | Link |
| Saturday 60m | Optional Active Recovery Ride Zone 2 | @ 90-100 RPM | |
| Sunday 2h | Endurance Ride Zone 2 Include 10 min Zone 3 | @ 90-100 RPM @ 80-90 RPM on FLAT | |

WEEK 5

| | | | |
|-------------------------|--|---|----------------------|
| Monday | Rest Day | | Link |
| Tuesday 47m | 10 min 3 min Zone 4 3 min Zone 1 2x8 min, alternating - 30 sec Zone 5 - 30 sec Zone 1 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (5 min recovery in between sets @ 90-100 RPM) if using power on this session is Zone 6, not Zone 5 @ 90-100 RPM | |
| Wednesday 45m | Stretching Exercises 1-17 | | Link |
| Thursday 44m | 10 min 3x6 min Zone 3 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM (3 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Friday 45m | Core Exercises 18-37 | | Link |
| Saturday 60m | Optional Active Recovery Ride Zone 2 | @ 90-100 RPM | |
| Sunday 2h 30m | Endurance Ride Zone 2 Include 10 min Zone 3 | @ 90-100 RPM @ 80-90 RPM on CLIMB | |

WEEK 6

| | | | |
|-------------------------|---|--|----------------------|
| Monday | Rest Day | | Link |
| Tuesday 42m | 10 min 3 min Zone 4 3 min Zone 1 2x8 min High Zone 3 / Low Zone 4 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 85-95 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Wednesday 45m | Stretching Exercises 1-17 | | Link |
| Thursday 37m | 10 min 3 min Zone 4 3 min Zone 1 2x sets of 3 consecutive sprints (10 secs sprint – 50 secs recovery) 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 90-100 RPM 5 min recovery in between sets @ 90-100 RPM | |
| Friday 45m | Core Exercises 18-37 | | Link |
| Saturday 60m | Optional Active Recovery Ride Zone 2 | @ 90-100 RPM | |
| Sunday 2h 30m | Endurance Ride Zone 2 Include 2x SFR | @ 90-100 RPM On a climb, each SFR is composed by 2 min @ 45-55 RPM seated followed by 2 min recovery @ 85-95 RPM Recovery between each SFR 5 min | |

WEEK 7

| | | | |
|-------------------------|--|--|----------------------|
| Monday | Rest Day | | Link |
| Tuesday 47m | 10 min 3 min Zone 4 3 min Zone 1 2x8min, alternating - 30 secs High Zone 4 and - 1 min 30 secs Zone 3 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 85-90 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Wednesday 45m | Stretching Exercises 1-17 | | Link |
| Thursday 44m | 10 min 3x6 min Zone 3 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM (3 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Friday 45m | Core Exercises 18-37 | | Link |
| Saturday 60m | Optional Active Recovery Ride Zone 2 | @ 90-100 RPM | |
| Sunday 3h | Endurance Ride Zone 2 Include 2x8 min Zone 3 | @ 90-100 RPM Aim 1000mt elevation gain @ 80-90 RPM on CLIMB alternating 1 min seated and 1 min out of the saddle | |

WEEK 8

| | | | |
|-------------------------|--|---|----------------------|
| Monday | Rest Day | | Link |
| Tuesday 54m | 10 min 3 min Zone 4 3 min Zone 1 3x6 min High Zone 3 / Low Zone 4 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM First set @ 60-65 RPM Second set @ 75-80 RPM Third set @ 95-100 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Wednesday 45m | Stretching Exercises 1-17 | | Link |
| Thursday 48m | 10 min 3x6 min Zone 3 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 100-110 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Friday 45m | Core Exercises 18-37 | | Link |
| Saturday 60m | Optional Active Recovery Ride Zone 2 | @ 90-100 RPM | |
| Sunday 3h | Endurance Ride Zone 2 Include 3x SFR | @ 90-100 RPM On a climb, each SFR is composed by 2 min @ 45-55 RPM seated followed by 2 min recovery @ 85-95 RPM) Recovery between each SFR 5 min | |

WEEK 9

| | | | |
|-------------------------|---|--|----------------------|
| Monday | Rest Day | | Link |
| Tuesday 54m | 10 min 3 min Zone 4 3 min Zone 1 3x6 min High Zone 3 / Low Zone 4 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 85-95 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM | |
| Wednesday 45m | Stretching Exercises 1-17 | | Link |
| Thursday 37m | 10 min 3 min Zone 4 3 min Zone 1 2x sets of 3 consecutive sprints 10 secs sprint – 50 secs recovery 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ 90-100 RPM 5 min recovery in between sets @ 90-100 RPM | |
| Friday 45m | Core Exercises 18-37 | | Link |
| Saturday 60m | Optional Active Recovery Ride Zone 2 | @ 90-100 RPM | |
| Sunday 3h | Endurance Ride Zone 2 Aim 1000mt elevation gain Climbs at Zone 3 | @ 90-100 RPM @ 80-90 RPM | |

WEEK 10

| | | |
|-------------------------|---|--|
| Monday | Rest Day | Link |
| Tuesday 51m | 10 min 3 min Zone 4 3 min Zone 1 2x10 min, alternating - 1 min Zone 5 - 1 min Zone 1 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (5 min recovery in between sets @90-100 RPM) @ 90-100 RPM |
| Wednesday 45m | Stretching Exercises 1-17 | Link |
| Thursday 48m | 10 min 3x6 min Zone 3 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 100-110 RPM (5 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM |
| Friday 45m | Core Exercises 18-37 | Link |
| Saturday 60m | Optional Active Recovery Ride Zone 2 | @ 90-100 RPM |
| Sunday 3h 30m | Endurance Ride Zone 2 Include 3x SFR | @ 90-100 RPM On a climb, each SFR is composed by 2 min @ 45-55 RPM seated followed by 2 min recovery @ 85-95 RPM) Recovery between each SFR 5 min |

WEEK 11

| | | |
|---------------------------|--|---|
| Monday | Rest Day | Link |
| Tuesday 47m | 10 min 3 min Zone 4 3 min Zone 1 2x8 min, alternating - 30 sec Zone 5 - 30 sec Zone 1 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 90 RPM @ 100-110 RPM @ free cadence (5 min recovery in between sets @ 90-100 RPM) if using power on this session is Zone 6, not Zone 5 @ 90-100 RPM |
| Wednesday 45m | Stretching Exercises 1-17 | Link |
| Thursday 44m | 10 min 3x6 min Zone 3 10 min Cool Down | @ 90-100 RPM progressive warm up from Zone 1 to Zone 3 @ 60-70 RPM (3 min recovery in between sets @ 90-100 RPM) @ 90-100 RPM |
| Friday 45m | Core Exercises 18-37 | Link |
| Saturday 3h 30m | Endurance Ride Zone 2 Aim 1000mt elevation gain Climbs at Zone 3 | @ 90-100 RPM @ 80-90 RPM |
| Sunday | Rest Day | Link |

WEEK 12

Monday
60 min

Active Recovery Ride
Zone 2

@ 90-100 RPM

Tuesday
47 min

10 min
3 min Zone 4
3 min Zone 1
2x8min, alternating
- 30 secs High Zone 4
- 1 min 30 secs Zone 3
10 min Cool Down

@ 90-100 RPM progressive warm up from Zone 1 to Zone 3
@ 90 RPM
@ 100-110 RPM
@ 85-90 RPM (5 min recovery in between sets @90-100 RPM)

@ 90-100 RPM

Wednesday
60 mins

Active Recovery Ride
Zone 2

@ 90-100 RPM

Thursday
49 mins

Stretching Exercises
1-17

[Link](#)

Friday
60 mins

Optional Active Recovery Ride
Zone 2

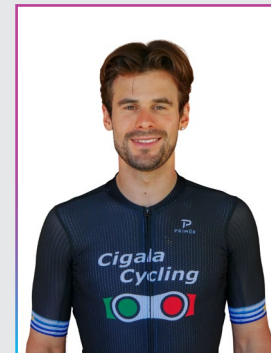
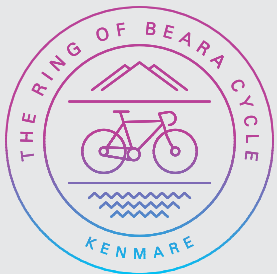
@ 90-100 RPM
Include 2x10 seconds activation bursts
(sprint at 80% at high cadence)

Saturday

Ring of Beara

Sunday

Rest Day



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