

# CYCLING WORKOUTS

from Beginner to Advanced



**RAVENSWOOD™**  
Chiropractic & Wellness Center

## Beginner Level

## Intermediate Level

## Advanced Level

**MON**

10-minute warm up  
10 repetitions of 30 seconds at  
100 RPMs (revolutions per minute)  
1-minute recovery time between sets  
Cool down: 5 minutes

10-minute warm up  
15 repetitions of 30 seconds at  
100 RPMs (revolutions per minute)  
1-minute recovery time between sets  
Cool down: 5 minutes

10-minute warm up  
12 repetitions of 45 seconds at  
105 RPMs (revolutions per minute)  
1-minute recovery time between sets  
Cool down: 5 minutes

**TUE**

30-minute easy ride  
Cadence between 85-92 RPMs

40-minute easy ride  
Cadence between 85-92 RPMs

45-minute easy ride  
Cadence between 85-92 RPMs

**WED**

15-minute warm up  
4 sets of 4 minutes at 55-65 RPMs  
3 minutes of easy riding between sets  
Cool down: 5 minutes

15-minute warm up  
4 sets of 5 minutes at 55-65 RPMs  
3 minutes of easy riding between sets  
Cool down: 5 minutes

15-minute warm up  
4 sets of 7 minutes at 55-65 RPMs  
3 minutes of easy riding between sets  
Cool down: 5 minutes

**THU**

30-minute easy ride  
Cadence between 85-92 RPMs

40-minute easy ride  
Cadence between 85-92 RPMs

45-minute easy ride  
Cadence between 85-92 RPMs

**FRI**

Cardio: Walk, hike, or swim

Cardio: Walk, hike, or swim

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**SAT**

Warm up for 10 minutes  
Alternate between 20 to 60 seconds  
with single leg pedaling for 5 minutes  
Quick tip: eliminate dead spot at  
top of stroke by pushing toes  
forward in shoes  
Cool down: 10 minutes

Warm up for 10 minutes  
Alternate between 30 to 60 seconds  
with single leg pedaling for 5 minutes  
Quick tip: eliminate dead spot at  
top of stroke by pushing toes  
forward in shoes  
Cool down: 10 minutes

Warm up for 10 minutes  
Alternate between 50 to 70 seconds  
with single leg pedaling for 7 minutes  
Quick tip: eliminate dead spot at  
top of stroke by pushing toes  
forward in shoes  
Cool down: 10 minutes

**SUN**

Easy ride for 45-75 minutes  
Enjoy the day

Leisurely ride for 55 to 75 minutes  
Enjoy the day

Leisurely ride for 70 to 85 minutes  
Enjoy the day