

# 12-Week Beginner Weight Loss Cycling Plan for Body Composition

12 weeks - 5 rides/week - RPE-based



## THIS PLAN ASSUMES

**EFFORT SYSTEM**  
RPE (1-10 scale)

**WEEKLY HOURS**  
5-6h

**RIDES / WEEK**  
5

## PLAN OVERVIEW

### Adaptation

Weeks 1-4 · 3-4h/week

Four weeks to establish the habit of riding five days per week. Every ride is easy and conversational. This extended adaptation phase lets your body, your schedule, and your mindset fully adjust to regular cycling before any progression begins.

### Build

Weeks 5-9 · 4.5-6h/week

Gradually increase ride duration and introduce light tempo efforts. The long ride grows steadily, and weekday rides extend. Tempo blocks remain short and manageable, keeping the emphasis on easy riding for fat oxidation.

### Consolidation

Weeks 10-11 · 5.5-6h/week

Maintain the volume and habits you have built. These two weeks prove that your new activity level is sustainable and not just a temporary spike. Your body continues to adapt even without additional progression.

### Active Recovery

Weeks 12 · 4-4.5h/week

Reduce volume to let your body fully absorb 11 weeks of consistent training. Use this week to reflect on your progress, plan your next phase, and appreciate how far you have come.

## ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Easy ride @ RPE 3-4 25 min	Easy ride @ RPE 3-4 25 min	Rest -	Easy ride @ RPE 3-4 25 min	Long easy ride @ RPE 3-4 45 min	Recovery spin @ RPE 2 20 min
Week 2	Rest -	Easy ride @ RPE 3-4 30 min	Easy ride @ RPE 3-4 30 min	Rest -	Easy ride @ RPE 3-4 30 min	Long easy ride @ RPE 3-4 50 min	Recovery spin @ RPE 2 20 min
Week 3	Rest -	Easy ride @ RPE 3-4 30 min	Easy ride @ RPE 3-4 30 min	Rest -	Easy ride @ RPE 3-4 30 min	Long easy ride @ RPE 3-4 55 min	Recovery spin @ RPE 2 20 min
Week 4	Rest -	Easy ride @ RPE 3-4 35 min	Easy ride @ RPE 3-4 35 min	Rest -	Easy ride @ RPE 3-4 35 min	Long easy ride @ RPE 3-4 60 min	Recovery spin @ RPE 2 25 min

## BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Easy ride @ RPE 3-4 35 min	Easy ride @ RPE 3-4 35 min	Rest -	Easy ride @ RPE 3-4 40 min	Long easy ride @ RPE 3-4 70 min	Recovery spin @ RPE 2 25 min
Week 6	Rest -	Easy ride @ RPE 3-4 40 min	Easy ride @ RPE 3-4 40 min	Rest -	Easy ride + 2x5min @ RPE 5-6 45 min	Long easy ride @ RPE 3-4 80 min	Recovery spin @ RPE 2 25 min
Week 7	Rest -	Easy ride @ RPE 3-4 45 min	Easy ride + 2x5min @ RPE 5-6 45 min	Rest -	Easy ride @ RPE 3-4 45 min	Long easy ride @ RPE 3-4 90 min	Recovery spin @ RPE 2 25 min
Week 8	Rest -	Easy ride @ RPE 3-4 45 min	Easy ride + 2x5min @ RPE 5-6 50 min	Rest -	Easy ride @ RPE 3-4 45 min	Long easy ride @ RPE 3-4 105 min	Recovery spin @ RPE 2 30 min
Week 9	Rest -	Easy ride @ RPE 3-4 50 min	Easy ride + 2x5min @ RPE 5-6 50 min	Rest -	Easy ride @ RPE 3-4 50 min	Long easy ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min

## CONSOLIDATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	Easy ride @ RPE 3-4 50 min	Easy ride + 2x5min @ RPE 5-6 50 min	Rest -	Easy ride @ RPE 3-4 50 min	Long easy ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min
Week 11	Rest -	Easy ride @ RPE 3-4 50 min	Easy ride + 2x5min @ RPE 5-6 50 min	Rest -	Easy ride @ RPE 3-4 50 min	Long easy ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min

## ACTIVE RECOVERY

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Easy ride @ RPE 3-4 40 min	Easy ride @ RPE 3-4 35 min	Rest -	Easy ride @ RPE 3-4 40 min	Long easy ride @ RPE 3-4 75 min	Recovery spin @ RPE 2 25 min