

16-Week Beginner Weight Loss Cycling Plan for Body Composition

16 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 1-6 · 2.5-3.5h/week

Six full weeks to establish the habit of riding five days per week. All rides are easy and conversational. This extended adaptation phase is the core advantage of the 16-week plan. Your body, your schedule, and your mindset fully adjust before any real volume increase begins.

Build

Weeks 7-12 · 3.5-6h/week

Gradually increase ride duration and introduce light tempo efforts. The long ride grows steadily toward two hours. Weekday rides extend and some include short tempo blocks. The emphasis remains on easy, enjoyable riding.

Consolidation

Weeks 13-14 · 5.5-6h/week

Maintain peak volume for two weeks. This phase proves that your new fitness level and activity habits are sustainable. Your body continues to improve even without adding more volume.

Active Recovery

Weeks 15-16 · 3.5-4.5h/week

Two weeks of reduced volume to let your body fully absorb 14 weeks of consistent training. Use this time to reflect on your progress and plan the next phase of your journey.

ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Easy ride @ RPE 3-4 20 min	Easy ride @ RPE 3-4 20 min	Rest -	Easy ride @ RPE 3-4 20 min	Long easy ride @ RPE 3-4 40 min	Recovery spin @ RPE 2 15 min
Week 2	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 3	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 50 min	Recovery spin @ RPE 2 20 min
Week 4	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 5	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 60 min	Recovery spin @ RPE 2 20 min
Week 6	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 7	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 8	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 9	Rest -	Easy ride @ RPE 3-4 40 min	Easy ride + 2x5min @ RPE 5-6 45 min	Rest -	Easy ride @ RPE 3-4 40 min	Long easy ride @ RPE 3-4 90 min	Recovery spin @ RPE 2 25 min
Week 10	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 3-4 105 min	Recovery spin @ RPE 2 25 min
Week 11	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 2h	Recovery spin @ RPE 2 30 min
Week 12	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 15min	Recovery spin @ RPE 2 30 min

CONSOLIDATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 13	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 15min	Recovery spin @ RPE 2 30 min
Week 14	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 15	Rest -	Easy ride @ RPE 3-4 40 min	Easy ride @ RPE 3-4 40 min	Rest -	Easy ride @ RPE 3-4 40 min	Long easy ride @ RPE 3-4 75 min	Recovery spin @ RPE 2 25 min
Week 16	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 20 min