

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

20 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 1-8 · 1.5-3.5h/week

Eight full weeks to build the cycling habit from the ground up. All rides are easy and conversational. This is the longest adaptation phase of any plan, giving your body, your joints, your schedule, and your mindset the time they need. By week 8 you will have ridden over 100 sessions.

### Build

Weeks 9-15 · 3.5-6h/week

Seven weeks of gradual volume increase with light tempo efforts introduced midway. The long ride grows toward two hours. Weekday rides extend steadily. The emphasis remains on easy, enjoyable riding.

### Consolidation

Weeks 16-18 · 5.5-6h/week

Three weeks at or near peak volume. This phase cements your new fitness level and proves that five or more hours of weekly cycling is your new normal, not a temporary peak.

### Active Recovery

Weeks 19-20 · 3.5-4.5h/week

Two weeks of reduced volume to fully absorb five months of training. Your body continues to adapt during this phase. Use the time to plan your next cycle and appreciate the transformation.

## ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Easy ride @ RPE 3-4 15 min	Easy ride @ RPE 3-4 15 min	Rest -	Easy ride @ RPE 3-4 15 min	Long easy ride @ RPE 3-4 30 min	Recovery spin @ RPE 2 15 min
Week 2	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 35 min	Recovery spin @ RPE 2 15 min
Week 3	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 4	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 5	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 6	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 7	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 8	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 9	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 10	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 75 min	Recovery spin @ RPE 2 25 min
Week 11	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 85 min	Recovery spin @ RPE 2 25 min
Week 12	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 95 min	Recovery spin @ RPE 2 25 min
Week 13	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 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
Week 15	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 16	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 17	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 18	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 19	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 20	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