

8-Week Beginner Weight Loss Cycling Plan for Body Composition

8 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 1-2 · 3.5-4h/week

Establish the routine of riding five days per week. Every ride is easy and conversational. The goal is to build the exercise habit, not to burn maximum calories. Your body needs time to adapt to regular cycling before you increase duration.

Build

Weeks 3-6 · 4.5-6h/week

Gradually increase ride duration, especially the weekend long ride. A small amount of light tempo work is introduced mid-phase to gently challenge your aerobic system. The emphasis remains on easy riding for fat oxidation.

Consolidation

Weeks 7 · 5.5-6h/week

Maintain the volume you have built and reinforce the habits that are now part of your routine. This week proves to yourself that this level of activity is sustainable long term.

Active Recovery

Weeks 8 · 4-4.5h/week

Reduce volume slightly to let your body fully absorb the training. Reflect on the habits you have built and plan your next phase. Weight loss is a long-term process, and this recovery week sets you up for continued progress.

ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	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 2	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 3	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 4	Rest -	Easy ride @ RPE 3-4 45 min	Easy ride @ RPE 3-4 40 min	Rest -	Easy ride + 2x5min @ RPE 5-6 45 min	Long easy ride @ RPE 3-4 90 min	Recovery spin @ RPE 2 25 min
Week 5	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 30 min
Week 6	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 7	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 8	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