

Pip's Cycling Programme



Pip O'Connell is a woman on the go, travelling across the state with TV program Postcards WA plus managing a family of three. Pip still fits in regular activity to keep her fit and happy.

Use the **Activity Planner** to track your progress and register for the **online coach** to keep you motivated.

<p>Day 1</p>	<p>Day 2</p>
<p>15 minutes</p>	<p>Rest</p>
<p>Ride at a steady pace. You need to work harder than an 'easy cruise', but don't make it strenuous. You should still be able to talk, but not quite as comfortably as you would usually. Tip: Keep to flat terrain until you get confident and comfortable with the programme.</p>	<p>Stretch those active muscles!</p>
<p>Day 3</p>	<p>Day 4</p>
<p>15 minutes</p>	<p>Rest</p>
<p>Cruise along at 'chatting pace', but make sure your legs are moving fast and have your bike in an easy gear. This is called 'spinning'.</p>	
<p>Day 5</p>	<p>Day 6</p>
<p>25 minutes</p>	<p>Rest</p>
<p>Go at a steady pace. Get your heart rate up from 'easy cruise', but don't make it strenuous. You should still be able to talk, but not quite as comfortably as usual.</p>	<p>Stretch those active muscles!</p>

Day 7	Day 8
Rest	20 minutes
Stretch those active muscles!	Again, go at a steady pace. Get your heart rate up from 'easy cruise', but don't make it strenuous. You should still be able to talk, but not quite as comfortably as usual.
Day 9	Day 10
Rest	20 minutes
Stretch those active muscles!	Again, go at a steady pace. Get your heart rate up from 'easy cruise', but don't make it strenuous. You should still be able to talk, but not quite as comfortably as usual.
Day 11	Day 12
Rest	35 minutes
Stretch those active muscles!	Steady pace, heart rate up from 'easy cruise', but don't make it strenuous. You should still be able to talk, but not quite as comfortably as usual.
Day 13	Day 14
Rest	Rest
Stretch those active muscles!	Stretch those active muscles!
Day 15	Day 16
25 minutes	Rest
Steady pace, heart rate up from 'easy cruise', but not strenuous. You should still be able to talk, but not quite as comfortably as usual.	Stretch those active muscles!
Day 17	Day 18
25 minutes	Rest
Steady pace, heart rate up from 'easy cruise', but not strenuous. You're still able to talk, but not quite as comfortably as usual.	
Day 19	Day 20

45 minutes	Rest
Steady pace, heart rate up from 'easy cruise', but not strenuous. Still able to talk, but not quite as comfortably as usual.	Stretch those active muscles!
Day 21	Day 22
Rest	15 minutes
Stretch those active muscles!	Spinning - cruise along at 'chatting pace' and keep the cadence (pace of your legs turning) up.
Day 23	Day 24
Rest	15 minutes
Stretch those active muscles!	Spinning. Remember to keep the cadence up.
Day 25	Day 26
Rest	25 minutes
Stretch those active muscles!	Steady pace, heart rate up from 'easy cruise', but not strenuous. Still able to talk, but not quite as comfortably.
Day 27	Day 28
Rest	Rest
Stretch those active muscles!	Stretch those active muscles!
Day 29	Day 30
35 minutes	35 minutes
Tempo session. You can do this on a mixture of hilly and flat terrain, or just flat terrain. (You can still work hard on flat terrain, if you have your bike in a harder gear.) You should be able to talk between breaths (but you'd probably rather concentrate on breathing). Warm up. Do five minutes using hard gears, allowing the cadence (pace of your legs turning) to decrease. On flat terrain, rest by putting your bike into easy gear for five minutes. Repeat as time allows.	Congratulations! Keep up your cycling training - and you might like to also combine your cycling training with some running and swimming - and work up to a triathlon! Also check out the Department of Planning and Infrastructures website for cycling events and clubs.