

Proposed KM&T Biking Training Plan 2020

Video topics (~5 minutes each):

1. Bicycle Safety / How to Ride a Bike
 - How to tell if your bike is the right size
 - How to use bicycle brakes
 - Protective Equipment
 - “How to Ride a Bike” video
2. Stretching (Warmup/Cooldown) and Hydrating
3. Bicycle Maintenance
 - How to fix a flat tire
 - How to fix a popped chain
4. Best places to bike in Kalamazoo
5. Using hand signals
6. Riding Safely

Training Schedule (Biking Only)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Bike – 10 minutes	Rest/Hydrate	Bike – 15 minutes	Rest/Hydrate	Bike – 15 minutes	Rest/Hydrate	OFF
2	Rest/Hydrate	Bike – 20 minutes	Rest/Hydrate	Bike – 20 minutes	Rest/Hydrate	Bike – 20 minutes	OFF
3	Bike – 30 minutes	Rest/Hydrate	Bike – 30 minutes	Rest/Hydrate	Bike – 30 minutes	Rest/Hydrate	OFF
4	Rest/Hydrate	Bike – 40 minutes	Rest/Hydrate	Bike – 40 minutes	Rest/Hydrate	Bike – 30 minutes	OFF
5	Bike – 30 minutes	Rest/Hydrate	Bike – 20 minutes	Rest/Hydrate	Bike – 20 minutes	Rest/Hydrate	OFF