






































# CYCLE TO WORK : BEGINNER

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
WEEK ONE			 Ride Bike to Work  Return Home on Public Transport  Leave Bike at Work	 Go to Work on Public Transport  Ride Bike Home				
WEEK TWO		 Ride Bike to Work  Return Home on Public Transport  Leave Bike at Work	 Go to Work on Public Transport  Ride Bike Home		 Ride Bike to Work  Ride Bike Home			
WEEK THREE		 Ride Bike to Work  Ride Bike Home	 Ride Bike to Work  Return Home on Public Transport  Leave Bike at Work	 Go to Work on Public Transport  Ride Bike Home	 Ride Bike to Work  Ride Bike Home			
WEEK FOUR		 Ride Bike to Work  Return Home on Public Transport  Leave Bike at Work	 Go to Work on Public Transport  Ride Bike Home		 Ride Bike to Work  Ride Bike Home			
WEEK FIVE		 Ride Bike to Work  Ride Bike Home	 Ride Bike to Work  Return Home on Public Transport  Leave Bike at Work	 Go to Work on Public Transport  Ride Bike Home	 Ride Bike to Work  Ride Bike Home			

Repeat Weeks 2 and 3  
Until You Feel Confident  
Enough to Cycle To Work  
everyday.