CYCLE TO WORK: BEGINNER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
WEEK ONE		Ride Bike to Work Return Home on Public Transport Leave Bi	Go to Work on Public Transport Ride Bike Home ke at Work			
WEEK TWO	Ride Bike to Work Return Home on Public Transport Leave Bi	Go to Work on Public Transport Ride Bike Home ke at Work		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 Bil	Go to Work on Public Transport Ride Bike Home ke at Work	Ride Bike to Work Ride Bike Home		
WEEK FOUR	Ride Bike to Work Return Home on Public Transport Leave Bi	Go to Work on Public Transport Ride Bike Home ke at Work		Ride Bike to Work	Repeat Wee	
WEEK FIVE	Ride Bike to Work	Ride Bike to Work Return Home on Public Transport Leave Bi	Go to Work on Public Transport Ride Bike Home ke at Work	Ride Bike to Work Ride Bike Home	Until You fe Enough to C ever	ycle To Work

Schedule as advised by Colin Smith for Cycling Weekly. Formatted by Crystal Evans of Quick Loans Express

Read the full article on how to cycle to work: www.quickloansexpress.co.uk/blog/quick-quid/cycle-to-work-scheme-bike-commute