



Run and Pray Bike Workout Planner

Thirty minutes in the saddle, phone in your pocket, legs and prayer doing the work.

This week's purpose (why I'm training): _____

Tracks: Foundation / Cadence Intervals / Hills and Resistance (outdoor or stationary bike)

Day	Track & Duration	Prayer Focus	Done	Notes
Mon			☐	
Tue			☐	
Wed			☐	
Thu			☐	
Fri			☐	
Sat			☐	
Sun			☐	

End-of-week reflection

- What did I offer up this week, and for whom?

- Where did I want to skip a session, and what did I do instead?

- One thing to carry into next week:

Example week: every track at its shortest (15-minute) length

Same tracker as the page before it, filled in as a worked example, not a week to copy exactly.

Day	Track & Duration	Prayer Focus	Done	Notes
Mon	Foundation: warm-up spin 3 min, steady ride (RPE 3 to 4) 9 min, cool-down 3 min	A decade of the Rosary during the steady ride	☒	Used the recumbent stationary bike, low resistance
Tue	Rest		☐	
Wed	Cadence Intervals: warm-up 3 min, fast/light 1.5 / slow/heavy 1.5 x3 (9 min), cool-down 3 min	Breath prayer on the fast segments, a Hail Mary on the slow ones	☒	Legs noticed the slow, heavy segments most
Thu	Rest		☐	
Fri	Hills and Resistance: warm-up 3 min, hard 2 / easy 2 x2 (8 min), cool-down 4 min	Offered each hard effort for my daughter's exam	☒	Raised resistance on the indoor bike for the hard segments
Sat	Rest		☐	
Sun	Rest		☐	

Shortest-session numbers for Foundation, Cadence Intervals, and Hills and Resistance drawn directly from the Bike and Pray program's 15-minute column.