Peloton Training Plan 2026

2026 Primary Goal: _____

Supporting Milestones:
1. _____
2. _____
3. _____
4. _____
5. _____

Weekly Schedule Worksheet

	Priority 1	Priority 2	Notes
Monday:	_____	_____	_____
Tuesday:	_____	_____	_____
Wednesday:	_____	_____	_____
Thursday:	_____	_____	_____
Friday:	_____	_____	_____
Saturday:	_____	_____	_____
Sunday:	_____	_____	_____

Strength Training Plan

Upper Body	Lower Body	Core	Mobility	Flexibility
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Cardio and Endurance Plan

Primary Modality: _____   Weekly Frequency: _____   Intensity Mix: _____

Recovery and Rest

Weekly Active Recovery Days: _____   Complete Rest Days: _____

Helpful ChatGPT prompts (optional)

Understanding Current Training Habits:	*"Analyze my last 30 days of Peloton classes and summarize my training habits."*
Creating a Weekly Schedule:	*"Create a weekly Peloton Training Plan that includes 3 strength days, 2 cardio days, 1 recovery day, and 1 full rest day. 30 minutes or less for each training day."*
Balancing Strength with Cardio:	*"I want to improve strength while keeping cardio fun— suggest the ideal weekly mix."*
Adapting Your Plan Over Time/Seasonally:	*"Create a 12-week training cycle leading into spring."*
Using ChatGPT as an Accountability Partner:	*"Summarize my week every Sunday and suggest improvements." "Send me a midweek accountability check to keep me on track."*