COURSE BROCHURE

Cycling & Outdoor Fitness Readiness

Health, Nutrition & Fitness / Cardio & Active Living

One-time full-course fee

INR 1,499

Access

6 months course access

Study plan

Introductory self-paced course · 6 months access

Learning format

Six self-paced reading workshops, worksheets, answered self-checks and a final planning assignment

Programme overview

Plan outdoor sessions around route, equipment, weather and manageable effort. Six reading workshops, practical worksheets, answered self-checks and a final planning assignment. Self-paced education for adults; no live classes, gym membership, personalised diet prescription or professional qualification.

Who this is for

1. For adults aged 18+ seeking introductory health and fitness education.
2. Practical activity must suit your circumstances; obtain qualified instruction for unfamiliar movements and clinical advice where needed.
3. Shared foundation readings recur across related courses. Compare the lesson index before buying more than one course.

Published topics and learning focus

1. Plan recreational cycling and outdoor fitness
2. Choose a safe starting point
3. Understand effort, progression and recovery
4. Plan hydration and activity in hot weather
5. Build a repeatable weekly plan
6. Fuel ordinary training and understand supplements

Before you choose

1. These are published programme highlights, not certification of complete syllabus coverage. Review the available reading index and programme trial before enrolling.
2. ZELVU provides learning support. It does not award the underlying degree, professional registration or an examination result.
3. Current checkout terms and refund policy apply. Payment and access require successful provider verification.

Take the next step

Explore the programme trial

View current details, scope and terms

Ask ZELVU about this programme

Save this brochure for reference. Details can change: confirm the current programme page and checkout before making a purchase.