

Century (100 miles) 12-week Training Guide



	Mon.	Tues.	Wed.	Thurs.	Fri	Sat.	Sun.
Week 1	Riders Choice ¹	45 minute Interval Ride ²	Rest	45 minute Steady Ride ³	Rest	10-15 miles	Rest
Week 2	Riders Choice ¹	45 minute Interval Ride ²	Rest	45 minute Steady Ride ³	Rest	10-15 miles	Rest
Week 3	Riders Choice ¹	45 minute Interval Ride ²	Rest	45 minute Steady Ride ³	Rest	15-20 miles	Rest
Week 4	Riders Choice ¹	45 minute Interval Ride ²	Rest	45 minute Steady Ride ³	Rest	15-20 miles	Rest
Week 5	Riders Choice ¹	1 hour Interval Ride ²	Rest	1 hour Steady Ride ³	Riders Choice ¹	20-25 miles	Rest
Week 6	Riders Choice ¹	1 hour Interval Ride ²	Rest	1.25 Hours Steady Ride ³	Riders Choice ¹	25-30 miles	Rest
Week 7	Riders Choice ¹	1.25 Hours Interval Ride ²	Rest	1.50 Hours Steady Ride ³	Riders Choice ¹	35-45 miles	Rest
Week 8	Riders Choice ¹	1.25 Hours Interval Ride ²	Rest	1.75 Hours Steady Ride ³	Riders Choice ¹	45-55 miles	Rest
Week 9	Riders Choice ¹	1.25 Hours Interval Ride ²	Rest	2 hours Steady Ride ³	Riders Choice ¹	55-60 miles	Rest
Week 10	Riders Choice ¹	1.50 Hours Interval Ride ²	Rest	2.25 hours Steady Ride ³	Riders Choice ¹	60-65 miles	Rest
Week 11	Riders Choice ¹	1.25 Hours Interval Ride ²	Rest	2 hours Steady Ride ³	Riders Choice ¹	70-75 miles	Rest
Week 12	Riders Choice ¹	1 hour Interval Ride ²	Rest	1.5 hour Steady Ride ³	Riders Choice ¹	REST	CENTURY RIDE

*This schedule is only a suggestion. Plan your week according to what works best for you.

1. Riders Choice:

It is recommended to cross train; elliptical, yoga, a hike, a swim, whatever gets you moving 2 or more days/week. Make sure to leave in at least 1-2 rest day/week in order to let your body recover. If you feel you need 1 more rest day/week, take out 1 Riders Choice.

2. Interval Ride:

Interval training involves bursts of high-intensity work followed with periods of low-intensity work. For example: Bike hard 3 minutes, recover biking at a slower pace for 1 minute. Repeat until your workout is complete. Always make sure to do at least a 5 minute Warm-Up and Cool-Down for each workout.

3. Steady Pace:

Maintain a pace that you can keep the entire ride. Make sure you are working hard enough that the last 10 minutes are tough, but you can make it to the end.