



## Half Century Ride

Type of Exercise: Cycling	Level: Moderate - Hard	Equipment Needed: Road bike, Heart Rate Monitor; Bike Shorts, Water Bottles
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Welcome to your eight week half century training. Like our routine for century rides, this training is for dedicated, determined, and driven individuals! The training is very structured and requires a consistent time commitment. The regimen starts by building an endurance base—training your heart and lungs to power you through each ride. A strong endurance base is essential to performance and requires lots of time in the saddle. It's common for people to skimp on building a base of endurance. Please work on your base. It will make your ride much more enjoyable. Once you've built up your base, there are hills, intervals, sprints, and time trials to add variety and make you stronger.

Sports nutrition is another important part of your training. Avoid training on an empty stomach. An empty stomach quickly translates into a lack of energy to ride your best and get the maximum training benefits. Have a meal or snack about 2 hours before your ride. For rides 90 minutes or longer, bring along a sports drink and/a sports bar or something easy to eat. Your sports drink should provide both quickly usable energy and electrolytes. Sip on your drinks and eat your food as needed. Another part of half century training is getting comfortable eating and drinking while you ride. Obviously, this distracts one from bicycling to a certain extent, so it's important to remember that keeping the bike under control is the first priority. Be safe on your bike! Get used to drinking and eating during riding. Learning how to draft when riding in a group can also help conserve energy. If you're new to group riding, make sure you talk to the group leader before the ride starts. They can help you learn how to ride safely in the context of how their group works.

If you don't have them already, you might consider getting bicycling shoes for use with clip-in cleats. There are a number of systems available; your local bicycle shop can help you pick a suitable system. Shoes and clip-in cleats make riding more efficient; however, it's imperative that you learn how, and remember to unclip when coming to a stop! Virtually everyone forgets to unclip at least once (some more than that) with scrapes, actual bruises and a bruised ego to show for it!

You may also want to spend some time assessing your bicycle saddle. A change in saddle might make your riding more comfortable, which is obviously an issue on both long training rides as well as the actual ride.

During training, you'll be developing your personal organizational "system". That is, what clothing works, what sunscreen you need, what you might need if it is cold or rainy, where to store food, drinks, what food and drink combinations work, etc. It's useful to have your "system" worked out before the ride. One less thing to think about.

A half century ride is a big undertaking. Make sure you're ready for it. Please use common sense! Our downloadable routines are designed for average people with no underlying health issues. If you're feeling poorly when exercising – stop and figure out what's going on with your body. If you've got health issues that might be impacted by this routine, please visit your doctor before starting this program.

	Explanation of Goals and Exercise Routines	Estimated Time	Check if completed ✓
Week 1	Basic endurance, easy gear – high cadence (~90 rpm), flat road. Our objective is to prepare your body and mind. With every pedal stroke, your heart and lungs are getting stronger and more efficient. Think of deep, regular breathing and associate what you are feeling in your body with your heart rate. Enjoy your ride and the scenery around you!	135 Minutes	
Day 1	75% max HR	60 Minutes	
Day 2	70% max HR	75 Minutes	
Week 2	Basic endurance, easy gear – high cadence (~90 rpm), flat road. The key part of endurance training is enduring, the ability to sustain prolonged effort. You will be enduring increasingly longer and more intense training sessions. Use your heart rate to gauge yourself and maintain deep and regular breathing throughout your ride.	150 Minutes	
Day 1	80% max HR	60 Minutes	
Day 2	70% max HR	90 Minutes	
Week 3	Basic endurance, easy gear – high cadence (~90 rpm), flat road. How's it going? You should be feeling pretty good. This week, we're ramping it up to three days of riding. Your heart rate monitor is your best training partner, especially for day 2 with changing intensities. This more challenging training will be followed by a long recovery ride. Stay true to the recommended intensities. The common thought is the more the better, but the body actually gets stronger with optimal recovery. Take care of yourself and you will see big gains!	225 Minutes	
Day 1	75% max HR	60 Minutes	
Day 2	5 min 70%, 5 min 80%, 5 min 70%, ... etc.	75 Minutes	
Day 3	65% max HR	90 Minutes	
Week 4	Muscular endurance is our theme this week. Ready for more challenge? Muscular endurance is the muscle's ability to perform work against resistance. The resistance is the big gear you are using. The more challenging the ride gets, the more important it is to focus on your breathing. A challenge will make you stronger, yet maintaining deep breathing will help you stay mentally relaxed.	180 Minutes	
Day 1	80% max HR, 70 rpm (big gear!), flat road	40 Minutes	
Day 2	60-75% max HR	90 Minutes	
Day 3	80% max HR, 70 rpm (big gear!), flat road	50 Minutes	

Week 5	Hill work. Notice how much work you've been doing? You are making huge progress. Now it's time to hit the hills! There's a lot of variety with set interval training or the changing topography of the ride/road itself. Remember riding with a group is great for motivation, but also really important for drafting and conserving energy.	310 Minutes	
Day 1	70-75% max HR, flat, ~90 rpm	120 Minutes	
Day 2	3 x 8 min uphill, ~80 rpm, 90% max HR, 10 min active recovery between	70 Minutes	
Day 3	60-90% max HR according to topography, preferably group training	120 Minutes	
Week 6	Hills again. Been there, done that and now there's more! Your intense interval training is just a wee bit longer, but that's what makes training so exciting. Face the challenge, confident and secure in your ability. Isn't it a great feeling to purposefully work hard and improve your performance? Keep it up!	315 Minutes	
Day 1	75% max HR, flat, ~90 rpm	90 Minutes	
Day 2	3 x 10 min uphill, ~80 rpm, 90% max HR, 10 min active recovery between	75 Minutes	
Day 3	60-90% max HR according to topography, preferably group training	150 Minutes	
Week 7	You've been persistent in your training and can literally feel that your fitness has improved by leaps and bounds. This week get ready for even more intensity. The idea is to really prepare you for race mode not only physically, but also mentally. This week will be a test to see how well you've been training—your inner strength will shine through!	335 Minutes	
Day 1	80% max HR, flat, ~90 rpm	90 Minutes	
Day 2	4 x 10 min uphill, ~80 rpm, 90% max HR, 10 min active recovery between	95 Minutes	
Day 3	60-90% max HR according to topography, preferably group training	150 Minutes	
Week 8	Congratulations on your immense effort and dedication! Your big event is almost here. Because last week was intense we are taking it easy with two days of lighter intensity and shorter rides. This recovery-preparation training will help you give your best on race day. Enjoy the journey you've been on thus far and show them what you are made of at your half century. Good luck!	120 Minutes	Week 8
Day 1	Easy ride at 75% max HR	60 Minutes	Day 1
Day 2	60 min at 70% max HR, 2-3 sprints for 1 min	60 Minutes	Day 2
Day 3	½ Century Ride!		Day 3