



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 12 week century training. 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 and 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 century 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 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, (many people more than once) 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 century 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 century ride. One less thing to think about.

A 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	We're working on basic endurance, so ride in an easy gear with a high cadence (~90 rpm) on mostly flat roads. The first few weeks of our program concentrate on basic endurance which is the foundation of your training. Our aim is to get you comfortable on the saddle, but also help your heart and lungs become more efficient. Relax into your training and enjoy the ride!	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. As you complete the training sessions, your endurance (the ability to sustain prolonged effort) improves! Stick to the recommended heart rates to keep you in the optimal training range. Focus on being consistent with your training intensity and cadence. Enjoy being outdoors, feeling the wind against your skin, and riding your bike!	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. Starting with week three, we'll increase to three days of riding per week!! Use your heart rate monitor to control the changing intensities. This challenging training is followed by a long recovery ride. Stay true to the recommended intensities. More is not better. The body actually gets stronger with optimal recovery. Take care of yourself and you will see big gains in the long run (and in the long ride)!	225 Minutes	
Day 1	75% max HR	60 Minutes	
Day 2	5 min 70%, 5 min 80%, 5 min 70%, repeat pattern...	75 Minutes	
Day 3	65% max HR (recovery ride)	90 Minutes	
Week 4	This weeks starts muscular endurance training. You are moving on to bigger and better rides. It's time for using the big gears! Muscular endurance is the muscle's ability to perform work against resistance. The resistance is the big gear. You will be challenging your muscles with these rides, the challenge will make you stronger. Remember to maintain deep breathing to relieve any unnecessary tension. Go big!	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	We introduce hill training this week. There are two days of interval training which is preset or changes with the topography of the ride/road itself. Try to coordinate your rides with a group. This increases motivation. It's also important to learn to ride in a group if you're going to be in an organized century ride. In addition to the social interaction a group offers, it also presents the opportunity to conserve energy by drafting.	310 Minutes	
Day 1	70-75% max HR, flat road, ~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! Last week was so much fun we're going to do it again! This week's training will be more intense and longer in duration. Really push yourself to go hard, 90% of your maximum heart rate is very difficult. Make sure you're up for it! There is active recovery built in the routine. Use the recovery to prepare you for the next intense interval. If you're not recovered, don't proceed to the next interval! Take some more time. When you are all done with your training you can be proud of all that you accomplished and feel that you are getting stronger.	315 Minutes	
Day 1	75% max HR, flat road, ~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	Recovery week We've come a long way baby! This week is like a mini vacation for not only your body, but also your mind. Just take it easy, relax, and allow yourself to recover. Really take advantage of this rest. It is preparing you for even more intense training—time trials!! It may seem counter intuitive that we'd be taking it easy this week, but recovery is essential to improved performance.	210 Minutes	
Day 1	70% max HR, flat road, ~90 rpm	60 Minutes	
Day 2	80% max HR, 70 rpm (big gear!), flat road	60 Minutes	
Day 3	65% max HR, flat road, ~90 rpm	90 Minutes	

Week 8	<p>Welcome to (perhaps) your first time trial (TT)! The challenge here is to push yourself hard for the duration of the time trial. This can also be a little scary. Doubt and fear can come creeping in... can I keep this up? I am strong enough? Yes you can and yes you are. Believe in yourself and be confident in your purposeful training. It will all pay off. In comparison the other rides this week will be a piece of cake. Appreciate the differences.</p> <p>The pep talk aside, you're the only one that can govern your efforts in these workouts. Feeling poorly or just not "right" is different from working hard. Back off if it doesn't feel right.</p>	350 Minutes	
Day 1	Warm-up, then 0.5 mile TT, with active recovery for 5 minutes, then 1 mile TT with active recovery for 5 minutes, then 2 miles TT with active recovery for 5 minutes. Repeat series after 10 min active recovery; cool down	80 Minutes	
Day 2	75% max HR, 70 rpm (big gear!), flat road	90 Minutes	
Day 3	70-90% max HR	180 Minutes	
Week 9	Now that you are experienced with Time Trials, you can just go all out for your second TT! Be aggressive and go for it! Every TT is a test of physical and mental strength. You get a feel for where you are at and if your training has been on. The other two training days are straightforward hard work and preparation for your century.	390 Minutes	
Day 1	Warm-up, then 0.5 mile TT, with active recovery for 5 minutes, then 1 mile TT with active recovery for 5 minutes, then 2 miles TT with active recovery for 5 minutes. Repeat series after 10 min active recovery; cool down	120 Minutes	
Day 2	80% max HR, 70 rpm (big gear!), flat roads	90 Minutes	
Day 3	70-90% max HR	180 Minutes	
Week 10	The countdown to your century is on! Each TT is a race, going out hard and staying strong to the finish. This is no stroll in the park, it's taking yourself to the limit to truly see and experience your full potential. Day two is like a recovery-endurance day. Day three is variable as you feel fit. Have a great week!	405 Minutes	
Day 1	Warm-up, then 4 x 2 miles TT, with active recovery for 5 minutes in between; cool down	75 Minutes	
Day 2	75% max HR, flat road, ~90 rpm	120 Minutes	
Day 3	70-90% max HR	210 Minutes	

Week 11	You are almost there! The light is at the end of the tunnel. From this vantage point you see where you started and where you will finish. So much hard work, effort, and change—excellent! This week is your last TT—which has now become an amazing thrill to feel your power! Recover with day two and play with your intensity on day three. Have fun!	480 Minutes	
Day 1	Warm-up, then 6 x 2 miles (TT), with active recovery 5 minutes in between; cool down	90 Minutes	
Day 2	75% max HR, flat road, ~90 rpm	150 Minutes	
Day 3	70-90% max HR	240 Minutes	
Week 12	The moment that you've been waiting for is here this week.—your first century!! You will be amazing because you've prepared and trained so well. There is some tapering before the big ride. Day one and two are easy and fairly short. Day two has some sprints to keep the legs fresh and ready for the big ride. Get plenty of rest the night before your century and pack up all your necessary sport nutrition fuel and cycling gear. Have a great ride!		
Day 1	Easy ride at 75% max HR	90 Minutes	
Day 2	90 min at 70% max HR, 2-3 sprints for 1 min	90 Minutes	
Day 3	Century Ride!		

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