



## *Training for a Century Ride*

**You can train for a century ride in just 8 short weeks – here’s how!**

Experienced cyclists will tell you that the most difficult part of a century ride is getting a poorly nourished and under trained body to go past its limits. Poor training can lead to an unpleasant experience and in the worst-case scenario, injuries. By following a training schedule you will be prepared to ride a century and enjoy the ride.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Weekly Mileage
<u>TRAIN</u>	<u>Easy*</u>	<u>Pace*</u>	<u>Brisk*</u>	<u>Rest</u>	<u>Pace</u>	<u>Pace</u>	<u>Pace</u>	
1	6	10	12	0	10	30	9	77
2	8	12	14	0	12	36	10	92
3	8	14	17	0	14	42	13	107
4	9	15	19	0	15	48	14	120
5	11	17	21	0	17	53	16	135
6	12	17	24	0	17	62	18	150
7	15	17	25	0	17	65	18	157
8	15	17	25	0	10 Easy	100	Rest	167

*Easy = leisurely ride*

*Pace = matching the speed you want to maintain during the century ride*

*Brisk = faster than your century speed*

### **Climbing Tips**

Do what works best for you, keeping these three factors in mind:

1. Standing is less efficient. Your heart rate will raise to maintain a particular speed if you stand
2. But, standing is where you have your most explosive power.
3. A mix of sitting and standing enables you to “rest” some muscles while using others.

### **Feed Your Body**

- Eat what you know. Eat something familiar 2-4 hours before the start of the ride. Don’t use ride day to try something new.



- Don't skip breakfast.
- Pre-exercise high-carb meals – liquids, solids or sweets have consistently proven to enhance performance.
- Load up while you ride. You will need 30-60 grams of carbs per hour while riding. Eat energy bars, carbo gels, or pocket fuels along the ride.
- Prehydrate! Before a long ride, start hyper-hydrating at least 24 hours in advance.
- Keep on drinking – in the summer you can lose more than 2 liters per hour – that is about 67 ounces. You need to replace it or you will start losing power within 30 minutes.
- Eat wet food – fruit and vegetables are great fluid sources.
- Sports drinks are best – they help replenish sodium, potassium and electrolytes.
- Utilize the Trek 100 Rest Stops located every 7-11 miles throughout the route. At each rest stop you will find fruit, energy bars, hydration and medical support if necessary.