



## 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<br>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.