



Training Guide: Completing a Century

Below is a basic training plan that will take you from a minimum level of fitness to being able to complete a 100 mile bike ride. All of the sessions are based on distance rather than time. This means that you progress through each ride allowing you to see how many miles you have accumulated over the weeks leading up to your century ride.

Cyclists of all levels will benefit from making your own personal plan that you can apply to your own ability and the time you have available to train in. To do this, work your way through the following guidelines:

- Work out how many weeks you have from now until event day
- Work out the longest cycle ride you feel you could work towards within that time
- Plan this longest distance for 2-3 weeks before event day
- Work backwards and gradually decrease the mileage and time you are cycling all the way back to the current day
- Remember to schedule in a rest day or two after a long weekend ride
- During shorter weekday rides, do what you can and focus on hill training or speed over shorter amounts of time

It is also important nearer event day to practice your technique doing things such as grabbing water bottles from your bike, drinking whilst cycling, and eating on the go (if you feel comfortable doing so). You can take the sessions at your own speed depending on your level of fitness. If you still find the sessions too hard, please progress through the program at your own pace. Equally if they are too easy, feel free to add more sessions or do longer rides than suggested.

It is advisable to consult your doctor before embarking on any training schedule. Please seek assistance from a professional if you have difficulty with any of the schedule.

Remember, this is all part of the challenge- the more you do now the easier it will be on the day. Enjoy!

Week 1:

Day	Distance	Session
Monday		Make sure your bike and all your equipment is ready.
Tuesday	5 miles	Easy cycle. If you have not ridden for a while, get used to your bike and the gears.
Wednesday		Day Off
Thursday		Day Off
Friday	5 miles	Gym / Fitness class
Saturday		Day Off
Sunday	15 miles	Practice using your gears on different terrain to see what is comfortable and uncomfortable to ride on.

Week 2:

Day	Distance	Session
Monday		Day Off
Tuesday	5 miles	Easy cycle
Wednesday		Day Off
Thursday	10 miles	Gym / Fitness class
Friday		Day Off
Saturday	5 miles	Flat route. Try to use your bike computer to see how fast you are cycling. An average speed of 12mph is all you need, but remember by the event you will need to be cycling a a minimum of 12mph for the whole route.
Sunday	20 miles	If you live in a flatter area, seek out your nearest hill to go up and down.

Week 3:

Day	Distance	Session
Monday		Day Off
Tuesday	5 miles	Easy cycle
Wednesday	10 miles	Gym / Fitness class
Thursday		Day Off
Friday	10 miles	Riders choice
Saturday		Day Off
Sunday	25 miles	Riders choice

Week 4:

Day	Distance	Session
Monday		Day Off
Tuesday	5 miles	Easy cycle
Wednesday		Day Off
Thursday	5 miles	Riders choice
Friday		Day Off
Saturday	20 miles	Practice drinking water from a bottle whilst cycling
Sunday		Day Off

Week 5:

Day	Distance	Session
Monday		Day Off
Tuesday	10 miles	Easy cycle on a flat route
Wednesday	10 miles	Gym / Fitness class
Thursday		Day Off
Friday	15 miles	Riders choice
Saturday		Day Off
Sunday	30 miles	Practice drinking water from a bottle whilst cycling

Week 6:

Day	Distance	Session
Monday		Day Off
Tuesday	10 miles	Hilly route
Wednesday	10 miles	Easy cycle
Thursday		Day Off
Friday	15 miles	Riders choice
Saturday		Day Off
Sunday	35 miles	Fitness test. Using the same circuit as Week 1, after 10 to 15 minutes easy riding as a warm up, ride this circuit as fast as possible. Record your time and compare your progress to when you started. When finished do a 10 to 15 minute warm down of easy riding.

Week 7:

Day	Distance	Session
Monday		Day Off
Tuesday	10 miles	Flat route
Wednesday	10 miles	Easy cycle. Include 2 x 5min cycling at 3-4mph quicker than average, with 10min between efforts.
Thursday		Day Off
Friday	15 miles	Riders choice
Saturday		Day Off
Sunday	45 miles	Hilly route including 5 tough hills. Practice eating and cycling whilst on the bike.

Week 8:

Day	Distance	Session
Monday		Day Off
Tuesday	10 miles	Hilly route
Wednesday		Day Off
Thursday	10 miles	Gym / Fitness class
Friday		Day Off
Saturday	30 miles	Flat route. Do 30 min easy as a warm up. Then 5 x 1min as fast as you can with 2min easy spinning between efforts.
Sunday		Day Off

Week 9:

Day	Distance	Session
Monday		Day Off
Tuesday	15 miles	Gym / Fitness class
Wednesday	15 miles	Easy cycle
Thursday		Day Off
Friday	15 miles	Flat route
Saturday		Day Off
Sunday	45 miles	Hilly route, ride at least 4 hills. Race up the hills

Week 10:

Day	Distance	Session
Monday		Day Off
Tuesday	15 miles	Hilly ride, including 4 hills.
Wednesday	15 miles	Easy cycle. Include 3 x 5min cycling 3/4mph quicker than average, with 10min between efforts.
Thursday		Day Off
Friday	15 miles	Riders choice
Saturday		Day Off
Sunday	50 miles	Group ride. Hilly route, ride at least 5 hills. Race up the hills and wait for everyone to get together at the top.

Week 11:

Day	Distance	Session
Monday		Day Off
Tuesday	15 miles	Hilly ride, including 4 hills.
Wednesday	15 miles	Easy cycle. Include 2 x 5min cycling 3-4mph quicker than average, with 10min between efforts.
Thursday		Day Off
Friday	15 miles	Do 30 min easy as a warm up. Then 5 x 1min as fast as you can with 2min easy spinning between efforts.
Saturday		Day Off
Sunday	65 miles	Hilly route, ride at least 6 hills. Race up the hills.

Week 12:

Day	Distance	Session
Monday		Day Off
Tuesday		Day Off
Wednesday		Day Off
Thursday	10 miles	Hilly route. 2 hills working hard up the hills
Friday		Day Off
Saturday	45 miles	Flat route. High cadence whilst spinning the legs
Sunday		Day Off

Week 13:

Day	Distance	Session
Monday		Day Off
Tuesday	15 miles	Hilly ride, including 4 hills, work hard up the hills.
Wednesday	15 miles	Easy cycle. Include 4 x 5min cycling 3-4mph quicker than average, with 10min between efforts.
Thursday		Day Off
Friday	15 miles	Flat route. Do 30 min easy as a warm up. Then 5 x 1min as fast as you can with 2min easy spinning between efforts.
Saturday		Day Off
Sunday	75 miles	Hilly route. Take plenty of food and water with you and practice eating whilst riding.

Week 14:

Day	Distance	Session
Monday		Day Off
Tuesday	10 miles	Easy cycle. Flat route.
Wednesday	15 miles	Easy cycle. Include 2 x 5min cycling 3-4mph quicker than average, with 10min between efforts.
Thursday		Day Off
Friday	15 miles	Easy cycle.
Saturday		Day Off / Give your bike a service and a clean
Sunday	50 miles	Hilly route

Week 15 & Event Week



Week 15:

Day	Distance	Session
Monday		Day Off
Tuesday	10 miles	Easy cycle. Flat route.
Wednesday	10 miles	Easy cycle
Thursday		Day Off
Friday	5 miles	Flat ride
Saturday		Day Off
Sunday	20 miles	Short hilly ride

Event Week:

Day	Distance	Session
Monday		Day Off
Tuesday	10 miles	Easy cycle
Wednesday	10 miles	Riders choice
Thursday		Day Off
Friday	5 miles	Easy cycle to check brakes and gears are all working correctly.
Saturday		Day Off
Sunday	100 miles	Best of luck and enjoy the ride!!