

GIVING YOUR ALL

Train to ride at your peak, no matter how challenging the event.



YOUR FIRST CENTURY: 10-week basic training plan

MON	TUES	WED	THUR	FRI	SAT	SUN
WEEK ONE						TOTAL HOURS: 8
Off*	1 hour Endurance Pace*	1.5 hr. Overall Endurance Pace	1.5 hr. Endurance Pace	0.5 hr. Recovery Pace	2 hr.	1.5 hr. Endurance Pace
WEEK TWO						TOTAL HOURS: 9
Off*	1.5 hr. Overall Endurance Pace	1 hr. Endurance Pace	1.5 hr. Overall Endurance Pace	0.5 hr. Recovery Pace	3 hr.	1.5 hr. Endurance Pace
WEEK THREE						TOTAL HOURS: 9
Off*	1.5 hr. Overall Endurance Pace	1 hr. Endurance Pace	1.5 hr. Overall Endurance Pace	0.5 hr. Recovery Pace	3 hr.	1.5 hr. Endurance Pace
WEEK FOUR						TOTAL HOURS: 6.5
Off*	Off*	0.5 hr. Recovery Pace	1.5 hr. Overall Endurance Pace	0.5 hr. Recovery Pace	3 hr.	1 hr. Endurance Pace
WEEK FIVE						TOTAL HOURS: 10
Off*	1.5 hr. Overall Endurance Pace+	1 hr. Recovery Pace	1.5 hr. Overall Endurance Pace	0.5 hr. Recovery Pace	4 hr.	1.5 hr. Endurance Pace
WEEK SIX						TOTAL HOURS: 10.5
Off*	1.5 hr. Overall Endurance Pace+	1 hr. Recovery Pace	1.5 hr. Overall Endurance Pace+	0.5 hr. Recovery Pace	4 hr.	2 hr. Endurance Pace
WEEK SEVEN						TOTAL HOURS: 11.5
Off*	1.5 hr. Overall Endurance Pace+	1 hr. Recovery Pace	1.5 hr. Overall Endurance Pace	0.5 hr. Recovery Pace	5 hr.	2 hr. Endurance Pace
WEEK EIGHT						TOTAL HOURS: 8.5
Off*	Off*	1 hr. Recovery Pace	1.5 hr. Overall Endurance Pace	0.5 hr. Recovery Pace	4 hr.	1.5 hr. Endurance Pace
WEEK NINE						TOTAL HOURS: 8.5
Off*	1.5 hr. Endurance Pace	1.5 hr. Overall Endurance Pace	1 hr. Recovery Pace	0.5 hr. Recovery Pace	3 hr.	1 hr. Endurance Pace
WEEK TEN						
Off*	1 hr. Endurance Pace	1.5 hr. Overall Endurance Pace	0.5 hr. Recovery Pace	0.5 hr. Recovery Pace	Century	

*Off: Take a break from riding; do some weight work or yoga.