

Cycling Century Training Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	REST DAY	30 MINUTES RPE 3	REST DAY	30 MINUTES RPE 3	REST DAY	REST DAY	30 MINUTES RPE 3
WEEK 2	REST DAY	30 - 45 MINUTES RPE 3-4	REST DAY	45 MINUTES RPE 4	REST DAY	REST DAY	40 MINUTES RPE 3-4
WEEK 3	REST DAY	45 MINUTES RPE 4	REST DAY	60 MINUTES TOTAL RPE 4 PUSH THE RPE TO 5/6 FOR 10 MINUTES	REST DAY	REST DAY	90 MINUTES RPE 4
WEEK 4	REST DAY	60 MINUTES TOTAL RPE 4 PUSH THE RPE TO 5/6 FOR 10 MINUTES	REST DAY	60 MINUTES TOTAL RPE 4 PUSH THE RPE TO 5/6 FOR 10 MINUTES	REST DAY	REST DAY	120 MINUTES RPE 4
WEEK 5	REST DAY	60 MINUTES TOTAL RPE 4 PUSH THE RPE TO 5/6 FOR 10 MINUTES	REST DAY	30-45 MINUTES RPE 4	REST DAY	REST DAY	40 MINUTES RPE 4
WEEK 6	REST DAY	60 MINUTES TOTAL RPE 4 PUSH THE RPE TO 7/8 ON HILL CLIMBS	REST DAY	60 MINUTES TOTAL RPE 4 PUSH THE RPE TO 5/6 FOR 10 MINUTES	60 MINUTES RPE 5	REST DAY	120 MINUTES TOTAL RPE 4 PUSH THE RPE TO 6 ON HILL CLIMBS
WEEK 7	REST DAY	60 MINUTES TOTAL RPE 4 PUSH THE RPE TO 8 ON HILL CLIMBS	REST DAY	60 MINUTES TOTAL RPE 4 PUSH THE RPE TO 5/6 FOR 10 MINUTES	REST DAY	REST DAY	90 MINUTES TOTAL RPE 4 PUSH THE RPE TO 6 ON HILL CLIMBS
WEEK 8	REST DAY	45 MINUTES RPE 3-4	REST DAY	30 MINUTES RPE 4	REST DAY	30 MINUTES RPE 4	ENJOY THE RIDE

Cycling century training plan is a comprehensive guide designed for cyclists aiming to complete a 100-mile ride, commonly referred to as a "century." This ambitious goal requires careful preparation, commitment, and a well-structured training regimen. Whether you are a seasoned cyclist looking to conquer your first century or an experienced rider aiming to improve your performance, this article will walk you through a detailed training plan, essential tips, and everything you need to prepare for your century ride.

Understanding the Century Ride

Before diving into the training plan, it's essential to understand what a century ride entails. A century is a long-distance cycling event that covers 100 miles (approximately 160 kilometers). These rides can vary in terrain, weather conditions, and personal fitness levels, making preparation crucial.

Why Train for a Century Ride?

Training for a century ride offers numerous benefits, including:

- Improved Endurance: Long rides build stamina and cardiovascular fitness.
- Weight Management: Cycling is an excellent way to burn calories and maintain a healthy weight.
- Skill Development: Training helps improve your cycling technique, bike handling skills, and overall performance.
- Social Connections: Many cyclists train in groups, fostering a sense of community among like-minded individuals.

Creating Your Century Training Plan

A well-rounded cycling century training plan typically spans 12 to 16 weeks, depending on your current fitness level and cycling experience. Below is a structured framework to help you build your training schedule.

Assess Your Current Fitness Level

Before starting your training, evaluate your current fitness level. Consider the following:

1. Recent Mileage: How many miles do you currently ride weekly?
2. Longest Ride: What is the longest distance you've cycled without stopping?
3. Cycling Frequency: How often do you bike each week?

This assessment will help tailor your training plan to your specific needs.

Training Phases

Your training plan should consist of three primary phases: Base Training, Build Phase, and Tapering.

- **Base Training (Weeks 1-4)**

- Focus on building a solid foundation of endurance.
- Ride at a comfortable pace for 3-4 days a week.
- Gradually increase your weekly mileage.

- **Build Phase (Weeks 5-10)**

- Add intensity to your rides with interval training and hill repeats.
- Increase your long ride distance by 10% each week.
- Incorporate rest days to prevent burnout and injury.

- **Tapering (Weeks 11-12)**

- Reduce your mileage to allow your body to recover.
- Focus on maintaining fitness rather than building it.

- Stay mentally sharp and visualize your ride.

Sample Weekly Training Schedule

Here's a sample weekly training schedule to help you get started:

Week 1-4: Base Training

- Monday: Rest Day
- Tuesday: 1-hour easy ride
- Wednesday: 1-hour strength training (core and legs)
- Thursday: 1.5-hour moderate ride
- Friday: Rest Day
- Saturday: 2-hour long ride
- Sunday: 1-hour recovery ride

Week 5-10: Build Phase

- Monday: Rest Day
- Tuesday: 1-hour interval training (30 seconds hard, 1 minute easy)
- Wednesday: 1-hour strength training
- Thursday: 2-hour moderate ride with hill repeats
- Friday: Rest Day
- Saturday: Long ride (increase from 2 to 4 hours over these weeks)
- Sunday: 1-2 hours easy recovery ride

Week 11-12: Tapering

- Monday: Rest Day
- Tuesday: 1-hour easy ride
- Wednesday: 30-minute strength training
- Thursday: 1-hour moderate ride
- Friday: Rest Day
- Saturday: 2-hour last long ride
- Sunday: 1-hour easy recovery ride

Essential Tips for Century Training

To maximize your training and prepare effectively, consider the following tips:

Nutrition

Proper nutrition is vital for endurance training. Follow these guidelines:

- Hydration: Drink plenty of water before, during, and after rides.
- Balanced Diet: Focus on carbohydrates, proteins, and healthy fats.
- Fueling During Rides: Consume energy gels, bars, or fruits to maintain energy levels during long rides.

Equipment Check

Ensure your bike is in top condition. Regularly check:

- Brakes: Ensure they function correctly.
- Tires: Look for wear and ensure proper inflation.
- Chain and Gears: Maintain to ensure smooth shifting.

Recovery

Recovery is as critical as the training itself. Incorporate:

- Rest Days: Allow your muscles to recover.
- Stretching and Yoga: Helps maintain flexibility and prevent injuries.
- Massage: Consider sports massages for muscle recovery.

Conclusion

In conclusion, following a structured cycling century training plan can help you achieve your goal of completing a 100-mile ride. Assess your current fitness level, commit to a consistent training schedule, and pay attention to nutrition and recovery. With dedication and preparation, you'll be well on your way to crossing the finish line of your first century ride, ready to enjoy the sense of accomplishment that comes with reaching this significant milestone. Happy cycling!

Frequently Asked Questions

What is a cycling century training plan?

A cycling century training plan is a structured workout program designed to prepare cyclists for riding 100 miles in a single day, known as a century ride. It typically includes a mix of long rides, interval training, recovery days, and cross-training.

How long should a century training plan last?

A typical cycling century training plan lasts about 12 to 16 weeks, depending on your current fitness level and experience. This duration allows for gradual mileage increases and proper conditioning.

What should my weekly mileage target be during training?

During training, your weekly mileage should gradually increase, peaking at around 200-250 miles in the weeks leading up to the century ride. This includes a long ride each week, progressively increasing in distance.

How often should I include long rides in my training plan?

You should include long rides at least once a week, gradually increasing the distance to build endurance. Typically, these rides can start at 40-50 miles and build up to 80-90 miles before the century.

What type of nutrition should I focus on during training?

Focus on a balanced diet rich in carbohydrates, proteins, and healthy fats. During long rides, practice consuming easily digestible snacks like energy gels, bars, or bananas to maintain energy levels.

What are some common mistakes to avoid while training for a century ride?

Common mistakes include ramping up mileage too quickly, neglecting recovery days, failing to practice nutrition strategies during rides, and not incorporating strength training or cross-training.

Should I incorporate strength training into my cycling century training plan?

Yes, incorporating strength training 1-2 times a week can improve overall cycling performance, build muscle endurance, and reduce the risk of injury. Focus on core and leg exercises.

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