

**8-WEEK TRAINING PLAN – 100 MILES****Level: Beginner to intermediate**

|                                    | MON.           | TUES.                  | WED.           | THURS.             | FRI.           | SAT.                      | SUN. |
|------------------------------------|----------------|------------------------|----------------|--------------------|----------------|---------------------------|------|
| WEEK 1<br>April<br>14-<br>20       | Cross<br>train | Speed<br>60<br>minutes | Cross<br>train | Steady<br>1 hour   | Cross<br>train | Long<br>1½ to 2<br>hours  | Rest |
| WEEK 2<br>April<br>21-27           | Cross<br>train | Speed<br>60<br>minutes | Cross<br>train | Steady<br>1¼ hours | Cross<br>train | Long<br>2 to 2½<br>hours  | Rest |
| WEEK 3<br>April<br>28-<br>May<br>4 | Cross<br>train | Speed<br>1¼ hours      | Cross<br>train | Steady<br>1½ hours | Cross<br>train | Long<br>2½ to 3<br>hours  | Rest |
| WEEK 4<br>May 5-11                 | Cross<br>train | Speed<br>1¼ hours      | Cross<br>train | Steady<br>1¾ hours | Cross<br>train | Long<br>3 to 3½<br>hours  | Rest |
| WEEK 5<br>May<br>12-<br>18         | Cross<br>train | Speed<br>1¼ hours      | Cross<br>train | Steady<br>2 hours  | Cross<br>train | Long<br>3½ to 4<br>hours  | Rest |
| WEEK 6<br>May<br>19-25             | Cross<br>train | Speed<br>1½ hours      | Cross<br>train | Steady<br>2¼ hours | Cross<br>train | Long<br>4 to 4½<br>hours  | Rest |
| WEEK 7<br>May<br>26-<br>June<br>1  | Cross<br>train | Speed<br>1¼ hours      | Cross<br>train | Steady<br>2 hours  | Cross<br>train | Long<br>4½ to 5<br>hours  | Rest |
| WEEK 8<br>June 2-8                 | Cross<br>train | Speed<br>1 hour        | Cross<br>train | Steady<br>1½ hours | Cross<br>train | <b>RIDE!<br/>CENTURY!</b> | Rest |

**Weeks 1-2:** Focus on leg turnover, getting leg speed to 80 to 90 rpm.

**Weeks 3-7:** Add speed ride, steady ride and long ride.

**Week 8:** Easy to moderate effort. Just get the ride time in!

**Speed ride:** Speed work improves your endurance by raising your lactate threshold, the point at which your muscles cry for you to slow down. When you raise this ceiling, you can ride faster and farther before your legs hit the brakes. Try to do four to six hard efforts between 30 seconds and 2 minutes long (pushing hard up a hill for 30 to 60 seconds is one good way) during your fast rides.

**Steady ride:** These rides should include two to four efforts of 15 to 30 minutes that are done at a slightly higher intensity than your long rides, as though you're riding with someone slightly faster than you. You should be able to talk, but in shorter sentences. These rides train your body to ride more briskly in comfort, so you can finish your event ride faster and fresher.

**Long ride:** Do your long rides at a steady, but not taxing, pace. Your effort should be such that you're breathing a little harder, but can have a full conversation. Most people find that Saturday or Sunday work best for their long rides. However, the day you ride doesn't matter. What matters is that you get it done!