



LUNICUS

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THE 'CENTURY' TRAINING PLAN #1

A 'Century' or 100-mile/160-km ride is a milestone nearly every cyclist strives to reach. The roadblock for most of us is finding the time to prepare. With only so many hours in the day, most of which we spend working and sleeping, ride time is limited. This eight-week plan will have any determined cyclist ready to hit a century with just four rides per week. On rest days, remember to do something to keep your body moving.

The main principle of training for a century is to increase your distance gradually over a number of weeks. By doing it that, you help avoid injury, burnout and over-fatigue.

To start your training plan, pick the date for your century and count back from there to determine your start point. This eight-week plan assumes you are in shape at the start to be able to ride 30 kilometres comfortably. That's a two-hour ride at a very easy 16-20 km/h pace.

Week 1:

Day 1	Rest	Rest day
Day 2	W01D2 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 20km • Keep intensity at a low level and avoid big climbs • Cool down, 5 to 10 minutes • Stretch
Day 3	Rest	Rest day
Day 4	W01D4 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 20km • Keep intensity at a low level and avoid big climbs • Cool down, 5 to 10 minutes • Stretch
Day 5	Rest	Rest day
Day 6	W01D6 – Long Ride	<ul style="list-style-type: none"> • Ride, easy pace, 40km • Keep intensity at a low level and avoid big climbs • Cool down, 5 to 10 minutes • Stretch
Day 7	W01D7 – Recovery Ride	<ul style="list-style-type: none"> • Ride, easy pace, 20km • Keep intensity at a low level and avoid big climbs • Cool down, 5 to 10 minutes • Stretch



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Week 2:

Day 1	Rest	Rest day
Day 2	W02D2 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 16km • Keep intensity similar to week 1 but allowing you to increase on any hills that you encounter • Cool down, 5 to 10 minutes • Stretch
Day 3	Rest	Rest day
Day 4	W02D4 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 32km • Keep intensity similar to week 1 but allowing you to increase on any hills that you encounter • Cool down, 5 to 10 minutes • Stretch
Day 5	Rest	Rest day
Day 6	W02D6 – Long Ride	<ul style="list-style-type: none"> • Ride, easy pace, 56km • Keep intensity similar to week 1 but allowing you to increase on any hills that you encounter • Cool down, 5 to 10 minutes • Stretch
Day 7	W02D7 – Recovery Ride	<ul style="list-style-type: none"> • Ride, easy pace, 16km • Keep intensity similar to week 1 but allowing you to increase on any hills that you encounter • Cool down, 5 to 10 minutes • Stretch



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Week 3:

Day 1	Rest	Rest day
Day 2	W03D2 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 32km • Cool down, 5 to 10 minutes • Stretch • Keep intensity similar to previous weeks and pace yourself on this week's long ride • It is important to eat regularly now that your distance is increasing and remember to hydrate
Day 3	Rest	Rest day
Day 4	W03D4 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 40km • Cool down, 5 to 10 minutes • Stretch • Keep intensity similar to previous weeks and pace yourself on this week's long ride • It is important to eat regularly now that your distance is increasing and remember to hydrate
Day 5	Rest	Rest day
Day 6	W03D6 – Long Ride	<ul style="list-style-type: none"> • Ride, easy pace, 65km • Cool down, 5 to 10 minutes • Stretch • Keep intensity similar to previous weeks and pace yourself on today's ride • It is important to eat regularly now that your distance is increasing and remember to hydrate
Day 7	W03D7 – Recovery Ride	<ul style="list-style-type: none"> • Ride, easy pace, 16km • Cool down, 5 to 10 minutes • Stretch • Keep intensity similar to previous weeks • It is important to eat regularly now that your distance is increasing and remember to hydrate



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Week 4:

Day 1	Rest	Rest day
Day 2	W04D2 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 25km • Cool down, 5 to 10 minutes • Stretch • Keep intensity similar to previous weeks and pace yourself on this week's long ride
Day 3	Rest	Rest day
Day 4	W04D4 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 32km • Cool down, 5 to 10 minutes • Stretch • Keep intensity similar to previous weeks and pace yourself on this week's long ride
Day 5	Rest	Rest day
Day 6	W04D6 – Long Ride	<ul style="list-style-type: none"> • Ride, easy pace, 80km • Cool down, 5 to 10 minutes • Stretch • Keep intensity similar to previous weeks and pace yourself on today's ride
Day 7	W04D7 – Recovery Ride	<ul style="list-style-type: none"> • Ride, easy pace, 32km • Cool down, 5 to 10 minutes • Stretch • Keep intensity similar to previous weeks



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Week 5:

Day 1	Rest	Rest day
Day 2	W05D2 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 32km • Cool down, 5 to 10 minutes • Stretch • Increase intensity as you feel comfortable, but remember your goal is distance over pace • Always consider the weather and time of day making sure you carry the appropriate clothing
Day 3	Rest	Rest day
Day 4	W05D4 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 48km • Cool down, 5 to 10 minutes • Stretch • Increase intensity as you feel comfortable, but remember your goal is distance over pace • Always consider the weather and time of day making sure you carry the appropriate clothing
Day 5	Rest	Rest day
Day 6	W05D6 – Long Ride	<ul style="list-style-type: none"> • Ride, easy pace, 96km • Cool down, 5 to 10 minutes • Stretch • Increase intensity as you feel comfortable, but remember your goal is distance over pace • Always consider the weather and time of day making sure you carry the appropriate clothing
Day 7	W05D7 – Recovery Ride	<ul style="list-style-type: none"> • Ride, easy pace, 25km • Cool down, 5 to 10 minutes • Stretch • Increase intensity as you feel comfortable, but remember your goal is distance over pace • Always consider the weather and time of day making sure you carry the appropriate clothing



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Week 6:

Day 1	Rest	Rest day
Day 2	W06D2 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 32km • Cool down, 5 to 10 minutes • Stretch • Use the rest days to help recover from each workout • Once this week is complete you should feel confident in completing 160km after a week of tapering
Day 3	Rest	Rest day
Day 4	W06D4 – Easy Ride	<ul style="list-style-type: none"> • Ride, easy pace, 48km • Cool down, 5 to 10 minutes • Stretch • Use the rest days to help recover from each workout • Once this week is complete you should feel confident in completing 160km after a week of tapering
Day 5	Rest	Rest day
Day 6	W06D6 – Long Ride	<ul style="list-style-type: none"> • Ride, easy pace, 112km • Cool down, 5 to 10 minutes • Stretch • Use the rest days to help recover from each workout • Once this week is complete you should feel confident in completing 160km after a week of tapering
Day 7	W06D7 – Recovery Ride	<ul style="list-style-type: none"> • Ride, easy pace, 25km • Cool down, 5 to 10 minutes • Stretch • Use the rest days to help recover from each workout • Once this week is complete you should feel confident in completing 160km after a week of tapering



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Week 7:

Day 1	Rest	Rest day
Day 2	W07D2 – Intervals	<ul style="list-style-type: none"> • Ride, easy pace, 8km. Ride, time trial pace, 2 minutes. Repeat 2 times • Cool down, 5 to 10 minutes • Stretch • This week has less kilometres than last week for a reason, you are giving your body some rest before you complete your Century. You should not complete more than 100km for the week.
Day 3	Rest	Rest day
Day 4	Rest	Rest day
Day 5	Rest	Rest day
Day 6	W07D6 – Long Ride	<ul style="list-style-type: none"> • Ride, easy pace, 85km • Cool down, 5 to 10 minutes • Stretch • This week has less kilometres than last week for a reason, you are giving your body some rest before you complete your Century. You should not complete more than 100km for the week.
Day 7	Rest	Rest day

Week 8:

Day 1	Rest	Rest day
Day 2	Rest	Rest day
Day 3	Rest	Rest day
Day 4	Rest	Rest day
Day 5	Rest	Rest day
Day 6	Rest	Rest day
Day 7	W08D7 – Century	<ul style="list-style-type: none"> • Century!

Disclaimer

If at any time during this program you have an injury or feel over fatigued, you should back the distance off to your needs. Never push through a training program just to complete it and make sure that your general health is the main priority.