

7	Rest	25	Rest	Cross Train	Rest	65	25	115
8	Rest	25	Rest	Cross Train	Rest	75	25	125
9	Rest	25	Rest	Cross Train	Rest	85	25	135
10	Rest	20	Rest	Cross Train	Rest	60	Rest	80

**Numbers equal mileage*

This plan includes cross training which is vital in preventing overuse injuries, burnout, muscle inflexibility and strength imbalances. We recommend three rides per week, including your long rides, at your pace speed. Your pace is the approximate speed at which you'll be doing the century. These rides will build your base endurance. One to two rides per week should be at a "brisk" pace on hilly terrain. These rides should be 45 to 60 minutes in length and will increase both your speed and stamina.

It is important that most of your riding be done on the bike you are planning to use for the century. However, taking a spinning class or purchasing an indoor trainer will go a long way in improving your endurance. If this is not possible, a brisk aerobic walk outside or on a treadmill will have significant benefits. You can exchange an hour of ride time for an hour of cross training. This is good for 1-2 workouts a week through April.

Don't forget to take some rest days. While it is important that you invest a good amount of time in training, it is equally important that you give your body a chance to recover between workouts. If you don't take a minimum of one or two days off per week you risk burnout, over-training and injury. You will probably find that by taking a day or two off per week you come back to your bike feeling refreshed and energized.

As your endurance increases and you recover more quickly, an active recovery day is a great way to help aid in your recovery. An easy, short (45 minutes or less) low heart rate warm-up, followed by good stretching, helps assist the muscles in their development.

Your last big weekend of extensive training should be three weeks before the century. Be sure that the week prior to the century is a light one. Short rides or light cardio training is fine, but avoid strenuous exercise. Get plenty of rest, drink lots of water and make sure you're eating a well-balanced diet. Your body needs some down time to gear up for the ride ahead!