

## Century Program Key

Experienced cyclists will tell you that the most difficult part of a century ride is getting a poorly nourished and under trained body to go past its limits. Poor training can lead to an unpleasant experience and in the worst-case scenario, injuries. By following a training schedule you will be prepared to ride a century and enjoy the ride.

Set your training zones with a field test: Ride a three-mile, flat-to-rolling course as fast as you can. Record your time and average heart rate. Repeat. Use the higher of the two average field-test heart rates (FT HR) to calculate your training ranges based on the percentages in the key below.

**1. Ride:** Your base standard. Keep your cadence (pedaling rpm) at 80–100 and your effort at 50%–91% of FT HR.

**2. Recovery Miles:** An easy spin. Ride at 80–85 rpm, 50%–70% of FT HR.

**3. Intervals and Strength Training:** The following intervals should be performed in the middle of your ride, with recovery periods coming after each interval. **FastPedal:** In an easy gear, pedal as quickly as you can without bouncing in the saddle. No HR range. **Tempo:** In a heavy gear, ride at 70–75 rpm, 90% of FT HR. **SteadyState:** Ride at 90–95 rpm, 92%–94% of FT HR. **PowerIntervals:** Maximum-intensity intervals. Ride at more than 90 rpm and at least 100% of FT HR.

## Climbing Tips

Do what works best for you, keeping these three factors in mind:

1. Standing is less efficient. Your heart rate will rise to maintain a particular speed if you stand
2. However, standing is where you have your most explosive power.
3. A mix of sitting and standing enables you to “rest” some muscles while using others.

## Feed Your Body

- Eat what you know. Eat something familiar 2-4 hours before the start of the ride. Don't use ride day to try something new.
- Don't skip breakfast.
- Pre-exercise (night before) high-carb meals – liquids, solids or sweets have consistently proven to enhance performance.
- Load up while you ride. You will need 30-60 grams of carbs per hour while riding. Eat energy bars, carbo gels, or pocket fuels along the ride.
- Pre-hydrate! Before a long ride, start hyper-hydrating at least 24 hours in advance.
- Keep on drinking – in the summer you can lose more than 2 liters per hour – that is about 67 ounces. You need to replace it or you will start losing power within 30 minutes.
- Eat wet food – fruit and vegetables are great fluid sources.
- Sports drinks are best – they help replenish sodium, potassium and electrolytes.