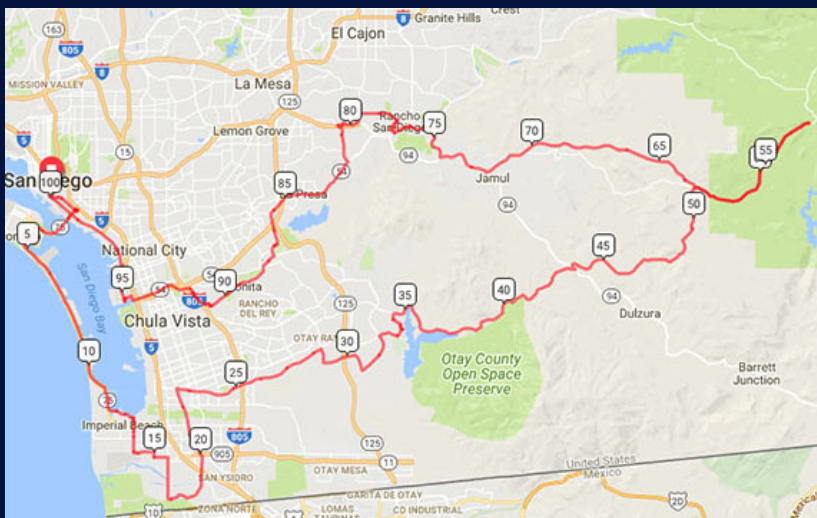


100-MILE TRAINING PLAN

A PEDAL SPECIFIC TRAINING PLAN TO GET YOU READY TO RIDE 100 MILES IN 20 WEEKS!

The Century



For experienced cyclists, this 100 mile course will provide a challenging ride over the **Coronado Bridge**, into Southeast San Diego past the Olympic Training center, and up Honey Springs before returning home to Petco Park on Bay Shore Bike Way.

Elevation +7,324 ft.
6 Refueling Stations

Training Principles

- The plan below outlines the minimum recommended training, with one long ride per week
- The long ride distances are based on the concept of gradual progression & recovery
- In addition to the long-ride, we suggest you ride a minimum of 2 other times per week for 60-90 minutes
- Add hills once a week so you practice climbing
- Yoga, strength training, core work and flexibility help
- Any training on top of this and before June 24 is a bonus

20 Week Training Plan

Beginning the week of June 24th

We recommend riding or spinning three times per week as:

- 1x long ride in calendar below
- 1x 60 minute ride with hills
- 1x 90 minute ride or spin class

Distances for long rides:

Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
30 mi.	35 mi.	40 mi.	20 mi.	45 mi.	55 mi.	60 mi.	25 mi.	65 mi.	70 mi.
Wk 11	Wk 12	Wk 13	Wk 14	Wk 15	Wk 16	Wk 17	Wk 18	Wk 19	Wk 20
75 mi.	25 mi.	80 mi.	85 mi.	30 mi.	85 mi.	90 mi.	20 mi.	60 mi.	20 mi.

Week 21 – Event Day November 16th