

12 Week Century Training Guide

The definitive plan to get you across the 100-mile finish line.

Introduction to the 100-Mile Challenge

Riding a century (100 miles) is a milestone achievement for any cyclist. Whether you're aiming to complete your first century or trying to beat a personal best, this 12-week guide provides a structured, progressive approach to building the necessary endurance, strength, and nutritional strategy.

Prerequisites

Before starting this plan, you should be able to comfortably ride for 90 minutes or complete a 25-mile ride at a conversational pace.

Phase 1: Base Building (Weeks 1-4)

The goal of the first month is to establish a solid aerobic foundation. Focus on spending time in the saddle rather than speed.

Week 1 - Focus: Getting consistent. Schedule: 3 short weekday rides (45-60 min). 1 long weekend ride (2 hours / ~30 miles).

Week 2 - Focus: Adapting to time in the saddle. Schedule: 3 short weekday rides (45-60 min). 1 long weekend ride (2.5 hours / ~35-40 miles).

Week 3 - Focus: Dialing in your bike fit. Schedule: 3 short weekday rides (45-60 min). 1 long weekend ride (3 hours / ~45 miles).

Week 4 - Focus: Recovery Week. Schedule: 2 easy weekday rides (45 min). 1 weekend ride (2 hours / ~30 miles).

Phase 2: Endurance & Strength (Weeks 5-8)

Now we increase the volume and introduce some climbing and tempo intervals to build muscular endurance.

Week 5 - Focus: Nutrition practice begins. Schedule: 3 weekday rides (60 min). 1 long weekend ride (3.5 hours / ~55 miles).

Week 6 - Focus: Metric Century. Schedule: 3 weekday rides (60 min). 1 long weekend ride (4 hours / ~62 miles).

Week 7 - Focus: Sustained efforts. Schedule: 3 weekday rides (60-75 min). 1 long weekend ride (4.5 hours / ~70 miles).

Week 8 - Focus: Recovery Week. Schedule: 2 easy weekday rides (45 min). 1 weekend ride (2.5 hours / ~40 miles).

Phase 3: Peak Volume & Taper (Weeks 9-12)

This phase contains your longest training rides, followed by a taper to ensure you arrive at the start line completely fresh.

Week 9 - Focus: The Big Push. Schedule: 3 weekday rides (60-75 min). 1 long weekend ride (5 hours / ~80 miles).

Week 10 - Focus: The Dress Rehearsal. Schedule: 3 weekday rides (60-75 min). 1 long weekend ride (5.5 - 6 hours / ~85-90 miles).

Week 11 - Focus: Taper Begins. Schedule: 3 weekday rides (45-60 min). 1 weekend ride (3 hours / ~45 miles).

Week 12 - Focus: Event Week! Schedule: 2 very easy weekday rides. Event Day: 100 Miles!

Nutrition & Hydration Rules

- **Eat early and often:** Consume 30-60 grams of carbohydrates per hour.
- **Hydration:** Drink 1 bottle (500-750ml) of fluid per hour. Use electrolytes.
- **Nothing new on ride day:** Test all gels, bars, and drink mixes during training.

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