



CHRIS CARMICHAEL

Train for a Century Ride



This three-month training plan is designed for beginning to intermediate riders who want to complete their first century ride -- a ride of 100 miles -- whether in competition or on their own. The program doesn't track mileage, but focuses on various types of speedwork over the three months to build endurance. Within each workout you'll have a specific goal, such as Fast Pedal or Stomps. Below each goal on the training chart you'll find the guidelines for that goal. For example, in Month 1, Week 1, on Tuesday, you'll do a Fast Pedal sequence at moderate intensity at a cadence of 120 rpm or greater for two intervals of 2 minutes each. You'll rest for 5 minutes between intervals.

Start every session with a 10-minute warm-up on the bike, and end every session with a 10-minute cool-down. Here's a guide to some of the terms you'll see in the training plan:

EM: Endurance miles

RM: Recovery miles (a day of easy riding, which can be an optional day off too)

TWT: Total workout time

RPM: Revolutions per minute

Fast Pedal: Pedal as fast as you can for the interval time indicated

Power Starts: From a dead stop, switch to a high gear, then pedal hard for the duration indicated

Stomps: While riding seated, shift to a bigger gear and push down hard on the pedals as you ride for a brief, intense interval

Tempo: Pedal at a moderate, steady pace; you should still be able to hold a conversation (also done in intervals in Month 3)

Steady State: Pedal harder than you would in Tempo, at a slightly higher cadence, maintaining the same intensity over the interval duration

Power Intervals: A relatively short, all-out effort at a high cadence for the duration of the interval

Climbing Repeats: Find a hill to climb at which you can maintain your speed and cadence for the duration of each interval



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MONTH 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	RM	EM	EM
TWT	Rest	1:00:00	1:30:00	1:00:00	1:00:00	1:00:00	1:30:00
Intensity	Rest	Moderate	Moderate	Moderate	Easy	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	75-85	75-85	80-100
Specific Task	Rest	Fast Pedal		Power Starts		Stomps	
Intensity	Rest	Moderate		Moderate		Moderate	
Cadence (rpm)	Rest	120 +		NA		NA	
Number of Intervals	Rest	2		2		1	
Interval Duration	Rest	00:02:00		00:00:08		00:00:08	
Rest Btwn Intervals	Rest	00:05:00		00:05:00		00:05:00	
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	RM	EM	EM
TWT	Rest	2:00:00	1:00:00	1:30:00	1:00:00	1:15:00	1:45:00
Intensity	Rest	Moderate	Moderate	Moderate	Easy	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	75-85	75-85	80-100
Specific Task	Rest	Fast Pedal		Stomps		Power Starts	
Intensity	Rest	Moderate		Moderate		Moderate	
Cadence (rpm)	Rest	120 +		NA		NA	
Number of Intervals	Rest	2		2		2	
Interval Duration	Rest	00:02:00		00:00:08		00:00:08	
Rest Btwn Intervals	Rest	00:05:00		00:05:00		00:05:00	
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	RM	EM	EM
TWT	Rest	1:30:00	2:00:00	1:30:00	1:00:00	1:30:00	2:00:00
Intensity	Rest	Moderate	Moderate	Moderate	Easy	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	75-85	75-85	80-100
Specific Task	Rest	Stomps		Power Starts		Fast Pedal	
Intensity	Rest	Moderate		Moderate		Moderate	
Cadence (rpm)	Rest	NA		NA		NA	
Number of Intervals	Rest	3		3		3	
Interval Duration	Rest	00:00:08		00:00:08		00:02:00	
Rest Btwn Intervals	Rest	00:05:00		00:05:00		00:05:00	
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	RM	EM	EM
TWT	Rest	1:00:00	1:30:00	1:00:00	Rest	1:00:00	1:30:00
Intensity	Rest	Moderate	Moderate	Moderate	Rest	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	Rest	80-100	80-100
Specific Task	Rest				Rest		
Intensity	Rest				Rest		
Cadence (rpm)	Rest				Rest		
Number of Intervals	Rest				Rest		
Interval Duration	Rest				Rest		
Rest Btwn Intervals	Rest				Rest		



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MONTH 2

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	RM	EM	EM
TWT	Rest	1:00:00	2:00:00	1:30:00	1:00:00	1:30:00	2:00:00
Intensity	Rest	Moderate	Moderate	Moderate	Easy	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	75-85	80-100	80-100
Specific Task	Rest	Tempo	Fast Pedal	Tempo		Steady State	
Intensity	Rest	Moderate	Moderate	Moderate		Hard	
Cadence (rpm)	Rest	70-75	120+	70-75		85-95	
Number of Intervals	Rest	1	3	1		2	
Interval Duration	Rest	00:15:00	00:02:00	00:15:00		00:08:00	
Rest Btwn Intervals	Rest		00:05:00			00:08:00	
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	RM	EM	EM
TWT	Rest	1:30:00	2:00:00	1:30:00	1:00:00	1:45:00	2:30:00
Intensity	Rest	Moderate	Moderate	Moderate	Easy	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	75-85	80-100	80-100
Specific Task	Rest	Tempo	1.5-2	Tempo		Steady State	
Intensity	Rest	Moderate		Moderate		Hard	
Cadence (rpm)	Rest	70-75		70-75		85-95	
Number of Intervals	Rest	1		1		3	
Interval Duration	Rest	00:20:00		00:20:00		00:08:00	
Rest Btwn Intervals	Rest					00:08:00	
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	RM	EM	EM
TWT	Rest	2:00:00	1:30:00	2:00:00	1:00:00	2:00:00	3:00:00
Intensity	Rest	Moderate	Moderate	Moderate	Easy	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	75-85	80-100	80-100
Specific Task	Rest	Fast Pedal		Tempo		Steady State	
Intensity	Rest	Moderate		Moderate		Hard	
Cadence (rpm)	Rest	NA		70-75		85-95	
Number of Intervals	Rest	3		1		4	
Interval Duration	Rest	00:02:00		00:30:00		00:08:00	
Rest Btwn Intervals	Rest	00:05:00				00:06:00	
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	Rest	EM	EM
TWT	Rest	1:00:00	1:00:00	1:00:00	Rest	1:30:00	2:00:00
Intensity	Rest	Moderate	Moderate	Moderate	Rest	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	Rest	75-85	80-100
Specific Task	Rest		Tempo	Fast Pedal	Rest	Tempo	
Intensity	Rest		Moderate	Moderate	Rest	Moderate	
Cadence (rpm)	Rest		70-75	NA	Rest	70-75	
Number of Intervals	Rest		1	1	Rest	1	
Interval Duration	Rest		00:30:00	00:02:00	Rest	00:30:00	
Rest Btwn Intervals	Rest			00:05:00	Rest		



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MONTH 3

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	RM	EM	EM
TWT	Rest	1:30:00	1:00:00	1:30:00	1:00:00	2:00:00	3:00:00
Intensity	Rest	Moderate	Moderate	Moderate	Easy	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	75-85	80-100	80-100
Specific Task	Rest	Tempo Intervals		Steady State		Power Intervals	
Intensity	Rest	Moderate		Hard		Moderate	
Cadence (rpm)	Rest	70-75		85-95		110-120+	
Number of Intervals	Rest	1		3		3	
Interval Duration	Rest	00:45:00		00:06:00		00:01:00	
Rest Btwn Intervals	Rest	NA		00:06:00		00:03:00	
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	RM	EM	EM
TWT	Rest	1:30:00	1:00:00	1:30:00	1:00:00	1:00:00	2:30:00
Intensity	Rest	Moderate	Moderate	Moderate	Easy	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	75-85	80-100	80-100
Specific Task	Rest	Power Intervals		Climbing Repeats		Power Intervals	
Intensity	Rest	Hard		Hard		Hard	
Cadence (rpm)	Rest	110+		70-85		110-120+	
Number of Intervals	Rest	4		3		3	
Interval Duration	Rest	00:02:00		00:08:00		00:01:00	
Rest Btwn Intervals	Rest	00:03:00		00:08:00		00:03:00	
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	RM	EM	EM
TWT	Rest	1:30:00	1:00:00	1:30:00	1:00:00	1:30:00	2:00:00
Intensity	Rest	Moderate	Moderate	Moderate	Easy	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	75-85	80-100	80-100
Specific Task	Rest	Climbing Repeats		Power Intervals		Power Intervals	
Intensity	Rest	Hard		Hard		Hard	
Cadence (rpm)	Rest	70-85		110-120+		110+	
Number of Intervals	Rest	3		3		3	
Interval Duration	Rest	00:08:00		00:01:00		00:01:00	
Rest Btwn Intervals	Rest	00:08:00		00:03:00		00:03:00	
Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
General Task	Rest	EM	EM	EM	Rest	EM	EM
TWT	Rest	1:00:00	1:00:00	1:00:00	Rest	1:00:00	1:30:00
Intensity	Rest	Moderate	Moderate	Moderate	Rest	Moderate	Moderate
Cadence (rpm)	Rest	80-100	80-100	80-100	Rest	80-100	80-100