

Doing Three Digits
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Week	Mon. (Easy)	Tues. (Pace)	Wed (Brisk)	Thurs.	Fri. (Pace)	Sat. (Pace)	Sun. (Pace)	Weekly Totals
1	6	10	12	rest	10	30	9	77
2	7	11	13	rest	11	34	10	86
3	8	13	15	rest	13	38	11	98
4	8	14	17	rest	14	42	13	108
5	9	15	19	rest	15	47	14	119
6	11	15	21	rest	15	53	16	131
7	12	15	24	rest	15	59	18	143
8	13	15	25	rest	15	65	20	153
9	15	15	25	rest	15	65	20	155
10	15	15	25	rest	10	5 (easy)	Century	170

A century (100 miles) may intimidate non-riders, but for aspiring cyclists it is an initiation. Ride a century, and you are the real thing.

This program is designed for cyclists who log 3-5 hours or less a week. On the charts *easy* means cruising along at a conversational level. *Pace* means riding at the speed you plan to average for the century. *Brisk* calls for 2-3 mph faster than your goal pace for the event. The weekly long ride is the key to the program. Do it at *pace* and keep your effort steady. If you can find a compatible training partner or small group, the miles will go by faster and you will have help in headwinds.

You probably won't be able to follow this program exactly. Don't worry if job or family responsibilities cancel a few rides. Jump back into the schedule and keep going. Don't attempt to compensate by doing 3 rides in a day. Remember not to increase mileage more than 10% in a week. If it is raining, be tough and head out - you'll find rain riding is fun. It may be spritzing on the day of the century, so you will have gained some valuable experience.

Here are six more tips to get you to the finish.

- Train the way you'll ride. If you plan to stop every 25 miles during the century, do the same on your long training ride. Eat an energy bar, swig some sports drink, and walk around for 5 minutes.
- Train with the same bike and equipment you'll use for the century.
- Use a road bike equipped with a triple crankset for hilly courses. If your only mount is a mountain bike, it will do fine. Make it more road worthy by installing slick narrow tires to reduce rolling resistance and eliminate knobby buzz.
- Hydrate. We are large wet animals and we like to stay that way. According to the American College of Sports Medicine, fluid loss equal to only 1% of body weight can increase cardiovascular strain, compromising performance and enjoyment.
- Bonk-proof yourself. Important as water is to performance and health, you can't ride 100 miles on H₂O alone. Be sure to keep your fuel tank filled. In training- eat a diet that is 60-70% carbohydrates so you will have enough energy to put in the miles.

- Spin; don't plod. If there is one form flaw that identifies rookie riders, it's grinding along at a slow, knee-grinding cadence. In your training rides, concentrate on keeping your cadence in the 90-110 rpm range. You will go just as fast spinning in a low gear as you will punching a big one, and you will enjoy the century a lot more.