

Congratulations on taking on your first Century ride! Maria Parker, world record-holding cyclist and Cruzbike CEO, put together this 12 week training guide to help you successfully complete your first century ride. Share your progress with the Cruzbike Tribe @CRUZBIKE on Facebook, Twitter and Instagram. We'll cheer you on through your first 100 mile ride.

- E** **EASY:** I could do this all day and talk comfortably while I do it.
- M** **MODERATE:** I could do this for a long time and I can talk, but it feels like I am working out
- H** **HARD:** It takes a lot of effort and I can't sustain it for a long time. I don't want to talk while I'm doing it.
- AO** **ALL OUT:** As fast as I can go.

	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1 Mileage Total: 46	REST	8 MILES easy to moderate	REST	8 MILES easy to moderate	REST	20 MILES easy to moderate	10 MILES easy
WEEK 2 Mileage Total: 55	REST	10 MILES easy to moderate	REST	10 MILES easy to moderate	REST	25 MILES easy to moderate	10 MILES easy
WEEK 3 Mileage Total: 64	REST	12 MILES easy to moderate	REST	12 MILES easy to moderate	REST	30 MILES easy to moderate	10 MILES easy
WEEK 4 Mileage Total: 71	REST	12 MILES easy to moderate	REST	14 MILES easy to moderate	REST	35 MILES easy to moderate	10 MILES easy
WEEK 5 Mileage Total: 78	REST	12 MILES » 3 mi. easy » 2 mi. moderate » 3 mi. alternating 10 sec. hard, 50 sec. easy » 4 mi. easy to moderate	REST	14 MILES » 3 mi. easy » 2 mi. moderate » 3 mi. alternating 10 sec. hard, 50 sec. easy » 6 mi. easy to moderate	REST	40 MILES » 15 mi. easy » 10 mi. moderate » 15 mi. easy	12 MILES easy
WEEK 6 Mileage Total: 89	REST	14 MILES » 3 mi. easy » 2 mi. moderate » 4 mi. alternating 10 sec. hard, 50 sec. easy » 5 mi. easy to moderate	REST	16 MILES » 3 mi. easy » 2 mi. moderate » 5 mi. alternating 10 sec. hard, 50 sec. easy » 6 mi. easy to moderate	REST	45 MILES » 15 mi. easy » 15 mi. moderate » 15 mi. easy	14 MILES easy
WEEK 7 Mileage Total: 96	REST	14 MILES » 3 mi. easy » 2 mi. moderate » 5 mi. alternating 10 sec. hard, 50 sec. easy » 4 mi. easy to moderate	REST	16 MILES » 3 mi. easy » 2 mi. moderate » 6 mi. alternating 10 sec. hard, 50 sec. easy » 5 mi. easy to moderate	REST	50 MILES » 15 mi. easy » 20 mi. moderate » 15 mi. easy	16 MILES easy
WEEK 8 Mileage Total: 107	REST	16 MILES » 3 mi. easy » 2 mi. moderate » 6 mi. alternating 15 sec. hard, 45 sec. easy » 5 mi. easy to moderate	REST	18 MILES » 3 mi. easy » 2 mi. moderate » 6 mi. alternating 15 sec. hard, 45 sec. easy » 7 mi. easy to moderate	REST	55 MILES » 15 mi. easy » 25 mi. moderate » 15 mi. easy	18 MILES easy
WEEK 9 Mileage Total: 119	REST	16 MILES » 3 mi. easy » 2 mi. moderate » 6 mi. alternating 15 sec. hard, 45 sec. easy » 5 mi. easy to moderate	REST	18 MILES » 3 mi. easy » 2 mi. moderate » 6 mi. alternating 20 sec. hard, 40 sec. easy » 7 mi. easy to moderate	REST	65 MILES » 15 mi. easy » 35 mi. moderate » 15 mi. easy	20 MILES easy
WEEK 10 Mileage Total: 136	REST	18 MILES » 3 mi. easy » 2 mi. moderate » 6 mi. alternating 20 sec. hard, 40 sec. easy » 7 mi. easy to moderate	REST	18 MILES » 3 mi. easy » 2 mi. moderate » 7 mi. alternating 20 sec. hard, 40 sec. easy » 6 mi. easy to moderate	REST	75 MILES » 15 mi. easy » 45 mi. moderate » 15 mi. easy	25 MILES easy
WEEK 11 Mileage Total: 148	REST	18 MILES » 3 mi. easy » 2 mi. moderate » 5 mi. alternating 20 sec. hard, 40 sec. easy » 2 mi. alternating 10 sec. all out , 1 min. very easy » 6 mi. easy to moderate	REST	20 MILES » 4 mi. easy » 2 mi. moderate » 5 mi. alternating 20 sec. hard, 40 sec. easy » 2 mi. alternating 10 sec. all out , 1 min. very easy » 7 mi. easy to moderate	REST	70 MILES » 15 mi. easy, » 40 mi. moderate » 15 mi. easy	40 MILES easy
WEEK 12 Mileage Total: 140	REST	20 MILES » 10 mi. easy to moderate » 2 mi. alternating 10 sec. all out , 1 min. very easy » 8 mi. easy to moderate	REST	10 MILES easy to moderate	REST	RACE DAY Aim for moderate the whole time. Resist the urge to start hard. It should feel easy at first. If you have energy left at 70 mi., pick it up.	10 MILES easy