

Segments are back up and running, although we are still making improvements. It may take a few days to process the segments you crossed or created.



# Century

LEVEL II

8 Weeks 3 Workouts/Week

## Schedule 04/18/2014 - 06/12/2014

### Week 1

04/18/2014	Rest	Rest day.
04/18/2014	W01D2-Easy Ride	<ul style="list-style-type: none"> <li>Ride, easy pace, 12 miles.</li> <li>Keep intensity at a low level and avoid big climbs.</li> <li>Cool down, 5 to 10 minutes.</li> <li>Stretch.</li> </ul>
04/19/2014	Rest	Rest day.
04/19/2014	W01D4-Easy Ride	<ul style="list-style-type: none"> <li>Ride, easy pace, 12 miles.</li> <li>Keep intensity at a low level and avoid big climbs.</li> <li>Cool down, 5 to 10 minutes.</li> <li>Stretch.</li> </ul>
04/20/2014	Rest	Rest day.
04/21/2014	Rest	Rest day.
04/21/2014	W01D6-Long Ride	<ul style="list-style-type: none"> <li>Ride, easy pace, 25 miles.</li> <li>Keep intensity at a low level and avoid big climbs.</li> <li>Cool down, 5 to 10 minutes.</li> <li>Stretch.</li> </ul>
04/22/2014	Rest	Rest day.
04/23/2014	W01D7-Recovery Ride	<ul style="list-style-type: none"> <li>Ride, easy pace, 11 miles.</li> <li>Keep intensity at a low level and avoid big climbs.</li> <li>Cool down, 5 to 10 minutes.</li> <li>Stretch.</li> </ul>
04/24/2014	Rest	Rest day.

### Week 2

04/25/2014	Rest	Rest day.
04/25/2014	W02D2-Easy Ride	<ul style="list-style-type: none"> <li>Ride, easy pace, 10 miles.</li> <li>Keep intensity similar to week 1 but allowing you to increase your intensity on any hills that you encounter.</li> <li>Cool down, 5 to 10 minutes.</li> <li>Stretch.</li> </ul>
04/25/2014	Weight-Loss Workout	Rest
04/26/2014	Rest	Rest day.
04/27/2014	Rest	Rest day.
04/28/2014	W02D6-Long Ride	<ul style="list-style-type: none"> <li>Ride, easy pace, 35 miles.</li> <li>Keep intensity similar to week 1 but allowing you to increase your intensity on any hills that you encounter.</li> </ul>

- Keep intensity similar to week 1 but allowing you to increase your intensity on any hills that you encounter.
- Cool down, 5 to 10 minutes
- Stretch.

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04/29/2014	<b>Rest</b>	Rest day.
04/30/2014	<b>Rest</b>	Rest day.
04/30/2014	<b>W02D4–Easy Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 20 miles.</li> <li>• Keep intensity similar to week 1 but allowing you to increase your intensity on any hills that you encounter.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> </ul>
05/01/2014	<b>Rest</b>	Rest day.

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### Week 3

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05/02/2014	<b>Rest</b>	Rest day.
05/02/2014	<b>W02D7–Recovery Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 10 miles.</li> <li>• Keep intensity similar to week 1 but allowing you to increase your intensity on any hills that you encounter.</li> <li>• Cool down, 5 to 10 minutes</li> <li>• Stretch</li> </ul>
05/03/2014	<b>W03D2–Easy Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 20 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Keep intensity similar to previous weeks and pace yourself on this week's long ride.</li> <li>• It is important to eat regularly now that your distance is increasing.</li> </ul>
05/04/2014	<b>Rest</b>	Rest day.
05/05/2014	<b>W03D4–Easy Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 25 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Keep intensity similar to previous weeks and pace yourself on this week's long ride.</li> <li>• It is important to eat regularly now that your distance is increasing.</li> </ul>
05/06/2014	<b>Rest</b>	Rest day.
05/07/2014	<b>W03D6–Long Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 40 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Keep intensity similar to previous weeks and pace yourself on today's ride.</li> <li>• It is important to eat regularly now that your distance is increasing.</li> </ul>
05/08/2014	<b>Rest</b>	Rest day.

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### Week 4

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05/09/2014	<b>Rest</b>	Rest day.
05/09/2014	<b>W03D7–Recovery Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 10 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Keep intensity similar to previous weeks.</li> <li>• It is important to eat regularly now that your distance is increasing.</li> </ul>
05/10/2014	<b>W04D2–Easy Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 15 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Keep intensity similar to previous weeks and pace yourself on this week's long ride.</li> </ul>

this week's long ride.

05/11/2014	Rest	Rest day.
05/12/2014	Rest	Rest day.
05/13/2014	Rest	Rest day.
05/13/2014	<b>W04D4-Easy Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 20 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Keep intensity similar to previous weeks and pace yourself on this week's long ride.</li> </ul>
05/14/2014	<b>W04D6-Long Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 50 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Keep intensity similar to previous weeks and pace yourself on today's ride.</li> </ul>
05/15/2014	Rest	Rest day.

## Week 5

05/16/2014	Rest	Rest day.
05/16/2014	<b>W04D7-Recovery Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 20 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Keep intensity similar to previous weeks.</li> </ul>
05/17/2014	<b>W05D2-Easy Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 20 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Increase intensity as you feel comfortable, but remember the main goal is distance over pace.</li> <li>• Always consider the weather and time of day making sure you carry the appropriate clothing.</li> </ul>
05/18/2014	Rest	Rest day.
05/19/2014	<b>W05D4-Easy Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 30 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Increase intensity as you feel comfortable, but remember the main goal is distance over pace.</li> <li>• Always consider the weather and time of day making sure you carry the appropriate clothing.</li> </ul>
05/20/2014	Rest	Rest day.
05/21/2014	Rest	Rest day.
05/22/2014	Rest	Rest day.

## Week 6

05/23/2014	Rest	Rest day.
05/24/2014	Rest	Rest day.
05/25/2014	Rest	Rest day.
05/25/2014	<b>W06D4-long Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 55 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Use the rest days to help recover from each workout.</li> <li>• Once this week is completed you should feel confident in completing a Century after a week of tapering.</li> </ul>

05/26/2014	Rest	Rest day.
05/27/2014	Rest	Rest day.
05/27/2014	<b>W05D7–Recovery Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 15 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Increase intensity as you feel comfortable, but remember the main goal is distance over pace.</li> <li>• Always consider the weather and time of day making sure you carry the appropriate clothing.</li> </ul>
05/28/2014	Rest	Rest day.
05/29/2014	Rest	Rest day.
05/29/2014	<b>W06D2–Easy Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 20 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Use the rest days to help recover from each workout.</li> <li>• Once this week is completed you should feel confident in completing a Century after a week of tapering.</li> </ul>

## Week 7

05/30/2014	Rest	Rest day.
05/30/2014	<b>W06D7–Recovery Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 15 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Use the rest days to help recover from each workout.</li> <li>• Once this week is completed you should feel confident in completing a Century after a week of tapering.</li> </ul>
05/31/2014	<b>W07D2 – Intervals</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 5 miles. Ride, time trial pace, 2 minutes. Repeat 2 times.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• This week has less miles that last week for a reason, you are giving your body some rest before you complete your Century. You should not complete more than 70 miles for the week.</li> </ul>
05/31/2014	<b>W06D6–Long Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 70 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Use the rest days to help recover from each workout.</li> <li>• Once this week is completed you should feel confident in completing a Century after a week of tapering.</li> </ul>
05/31/2014	<b>W05D6–Long Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 60 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• Increase intensity as you feel comfortable, but remember the main goal is distance over pace.</li> <li>• Always consider the weather and time of day making sure you carry the appropriate clothing.</li> </ul>
06/01/2014	Rest	Rest day.
06/02/2014	Rest	Rest day.
06/03/2014	Rest	Rest day.
06/04/2014	<b>W07D6 – Long Ride</b>	<ul style="list-style-type: none"> <li>• Ride, easy pace, 55 miles.</li> <li>• Cool down, 5 to 10 minutes.</li> <li>• Stretch.</li> <li>• This week has less miles that last week for a reason, you are giving your body some rest before you complete your Century. You should not complete more than 70 miles for the week.</li> </ul>
06/05/2014	Rest	Rest day.

## Week 8

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06/06/2014	Rest	Rest day.
06/06/2014	<b>W08D7 - Century Ride</b>	<ul style="list-style-type: none"><li>• Century!</li><li>• If at any time during this program you have an injury or feel over fatigued, you should back the distance off to your needs. Never push through a training program just to complete it and make sure that your general health is the main priority.</li></ul>
06/07/2014	Rest	Rest day.
06/08/2014	Rest	Rest day.
06/09/2014	Rest	Rest day.
06/10/2014	Rest	Rest day.
06/11/2014	Rest	Rest day.
06/12/2014	Rest	Rest day.

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