



Training Schedule (courtesy of *Bicycling Magazine*)



Ok Riders,

So you're thinking, "What did I just sign up for, riding a 100 miles on a bike???...100 miles in a car is a long day! Jesse sucked me into this, it better be good."

That's true...but, if you do it right it's totally doable and will provide you with an incredible experience and the beginning of a whole new fitness lifestyle... cycling.

Here it is, a simple easy to follow training schedule, that's really all about time on the bike (hours, not miles or speed), getting used to being on a bike for the good part of a day. If you follow the schedule, take breaks, eat and drink correctly you'll be just fine. You'll lose weight and build serious fitness all the while having fun without the pounding that goes along with running.

When the big day arrives you'll be ready to roll...knowing you've put in the time, training and commitment to make this goal a reality.

I'll be here for any questions, concerns, comments, support, whatever you need!

So GET OUT THERE, RIDE and SMILE !!!

Your Trainer,

A handwritten signature in black ink that reads 'Ronnie X'. The 'X' is large and stylized, extending to the right.

Ron Tesler (a.k.a. Ronnie X)



Your Best Century: 10-week high-intensity plan

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Hours/ Week
1	OFF	1 hr., Endurance Pace	1.5 hr., Overall Endurance Pace	1 hr., Endurance Pace	0.5 hr.,*	2 hr.	1.5 hr., Overall Endurance Pace	7.5
2	OFF	1 hr., Endurance Pace	1.5 hr., Overall Endurance Pace	1.5 hr., Overall Endurance Pace	0.5 hr.,*	3 hr.	1.5 hr., Endurance Pace	9
3	OFF	1.5 hr., Overall Endurance Pace	1.5 hr., Overall Endurance Pace	1 hr., Endurance Pace	0.5 hr., Recovery Pace	4 hr.	2 hr., Endurance Pace	10.5
4	OFF	OFF	0.5 hr., Recovery Pace	1.5 hr., Overall Endurance Pace	0.5 hr., Recovery Pace	3 hr.	1 hr., Endurance Pace	6.5
5	OFF	1.5 hr., Overall Endurance Pace+	1 hr., Recovery Pace	1.5 hr., Overall Endurance Pace+	0.5 hr., Recovery Pace	4 hr.	1.5 hr., Endurance Pace	10
6	OFF	1.5 hr., Overall Endurance Pace+	1 hr., Recovery Pace	1.5 hr., Overall Endurance Pace+	0.5 hr., Recovery Pace	4 hr.	2 hr., Endurance Pace	10.5
7	OFF	1.5 hr., Overall Endurance Pace+	1.5 hr., Overall Endurance Pace	1 hr., Recovery Pace	0.5 hr., Recovery Pace	5 hr.	2 hr., Endurance Pace	11.5
8	OFF	OFF	1 hr., Recovery Pace	1.5 hr., Overall Endurance Pace	0.5 hr., Recovery Pace	4 hr.	1.5 hr., Endurance Pace	8.5
9	OFF	1.5 hr., Endurance Pace	1.5 hr., Overall Endurance Pace	1 hr., Recovery Pace	0.5 hr., Recovery Pace	4 hr.	1 hr., Endurance Pace	8.5
10	OFF	1 hr., Endurance Pace	1.5 hr., Overall Endurance Pace	0.5 hr., Recovery Pace	0.5 hr., Recovery Pace	Century		



****NOTE**

Recovery Pace: A very slow pace; you're able to hold a conversation

Endurance Pace: A pace you can endure and speak; typical Saturday-ride effort

Overall Endurance Pace: A pace that lets you breathe rhythmically and speak a few words

Overall Endurance Pace+: A pace at which you can't speak, but not quite all out