

Example of a Basic Beginner 15- week training program to prepare for a century

Week	<u>Mon</u> Easy	<u>Tues</u> Pace	<u>Wed</u> Brisk	Thurs	<u>Fri</u> Pace	<u>Sat</u> Pace	<u>Sun</u> Pace	Weekly Mileage
1	6	10	12	Off	10	20	9	67
2	7	11	13	Off	11	24	10	76
3	8	13	15	Off	13	28	11	98
4	8	14	17	Off	14	32	13	98
5	9	15	19	Off	15	37	14	109
6	11	15	21	Off	15	43	16	121
7	12	15	24	Off	15	49	18	133
8	13	15	25	Off	15	55	20	143
9	15	15	25	Off	15	55	20	145
10	15	15	25	Off	18	59	25	157
11	15	20	25	Off	18	64	25	167
12	15	20	25	Off	18	35	75	188
13	15	20	20	Off	15	25	65	160
14	10	10	15	Off	15	20	30	100
15	10	10	15	Off	5/10 easy	Off	PDC-100	Recovery!

This is only an example and should be modified to fit your individual fitness level, time restraints, your goals and physical limitations. If you need more time to get these miles in before the event, you must start earlier. Miles are indicated in the columns under the days of the week. The better prepared you are the more pleasant it will be.

Easy refers to easy cadence, smooth, light tension, nice rhythmic flow to your peddle stroke.

Pace is what you decide on for mph that you feel you can maintain for much of the mileage that day. **Brisk** is the harder workday in terms of speed and/ or tension/ gearing. If you can ride a combination of the specific roads the event will be using, great, exercise specificity!

Tapering off a couple of weeks before the event is often ensures best results. The optimum training volume (number of miles) reduction can be 40 to 60 percent, but the intensity of workouts should be maintained (*Medicine & Science in Sports & Exercise, August 2007*).

Courtesy of: The Maine Cycling Club, your local cycling club and home of the PDC!
www.maineclub.com



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The Patrick Dempsey Challenge “Get Ready Check List”

Three very important words to prepare by, a CENTURY in MAINE in OCTOBER!

Early October in Maine is famous for cool crisp mornings and very warm afternoons.

It could be 20 degrees or it could be 80 and often can be both in the same day.

Three critical areas that need your full attention; Fail to plan...plan to fail.

1. Your bike/ clothing equipment- how pleasant do you want this ride to be.
 2. Your body’s preparedness- how pleasant do you want this ride to be.
 3. Your body’s fuel- how pleasant do you want this ride to be.
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1. **Your Bike**- First, purchase a new bike, upgrade your existing one or at the very least have the bike tuned up from a reputable local dealer. Have the salesperson fit the bike to your body and riding style. Area bike shops really want to help you!

Your Clothing- Remember, you can always “take it off”, but if you do not have it, you cannot put it on when you need it.

Preparedness Check List:

- a. Insulated booties & tights with wind stopper
- b. Leg & knee warmers
- c. Bike shorts/pants that fit well
- d. Base layer short or long sleeve shirt
- e. Long or short sleeve **MCC cycling jersey**
- f. **MCC cycling specific jacket**
- g. Vest- wind stopper and/or insulated.
- h. Arm warmers
- i. Gloves.- both fingerless & full fingered
- j. Neck warmer, a balaclava, a headband, and a fleece hat.

Last but just as important make sure you have dry clothes in your bag for when you get back. There is nothing worse than standing around in cold wet clothes waiting for your friends to finish.

2. **Your Body's Preparedness- START NOW!**

It is never too early to start training for an event. Whether it is a century in Maine in October or a morning ride with some friends, the earlier you train the more prepared you are and the more PLEASANT it will be for you! The ABC's are;

- a. **A regular exercise workout plan**, if you are not on one, what are you waiting for? A regular exercise plan should consist of cardio, strength and flexibility. Work with a trainer, with friends or on your own.
- b. **Be Smart, Bike smart**, build your biking distances up gradually, have a plan and stick to the miles each week. Check out our recommended training schedule on our website [at www.mainecyclingclub.com](http://www.mainecyclingclub.com)
- c. **Cycling** in-doors is great for the winter months; time in the saddle is time in the saddle. However, as soon as you can get outside do it, it WILL make a difference!

3. **Your Body's Fuel- IS THE KEY**, all that training will not get you to the finish line without fuel, fuel is energy that your body needs to perform. The better the fuel and the timing of that fuel, the better the performance, it IS that simple. Good nutrition takes practice. Practice good nutrition every day for the rest of your life! Some cyclists use energy bars, gels, or just a good old peanut butter and jelly sandwich on whole wheat. These convenient supplements DO NOT replace a practiced, well-balanced nutritional base. They are aids you can use to continue to fuel the body to sustain the energy it needs to perform the present task.

The MCC will be hosting monthly bike rides throughout the summer designed to aid in preparation for The Dempsey Challenge. The intent is for the schedule of Sunday rides to increase in mileage as the summer progresses. These rides will help the participant to reach the ultimate goal of completing the Dempsey Challenge century ride in October. All abilities are encouraged to attend these "training rides"; however, completing a century is an ambitious goal, which will require a significant commitment to training.

MCC will provide a ride leader and sweeper for each of these rides to accommodate diverse ability levels. The ride leader and sweeper will have knowledge of training methods and can help you get ready for the event.