

JENS VOIGT 100-MILE TRAINING PLAN



If your next big goal is a century ride, train for your event with this two-month plan from elite cyclist Jens Voigt. This plan is designed for intermediate cyclists ready to increase mileage.

WK	MON	TUES	WED	THURS	FRI	SAT	SUN
1	 RIDE 30 MINS	 RIDE 30 MINS	 RIDE 45 MINS	 REST STRETCH	 RIDE 45 MINS	 RIDE 60 MINS	 REST STRETCH
2	 RIDE 60 MINS	 RIDE 90 MINS	 RIDE 100 MINS	 REST STRETCH	 RIDE 100 MINS	 RIDE 2 HOURS	 REST STRETCH
3	 RIDE 2 HOURS	 RIDE 2 HOURS	 RIDE 3 HOURS	 REST STRETCH	 RIDE 3 HOURS	 RIDE 3.5 HOURS	 REST STRETCH
4	 RIDE 3 HOURS	 RIDE 3 HOURS	 RIDE 3.5 HOURS	 REST STRETCH	 RIDE 3 HOURS	 REST STRETCH	 50 MILE TEST RIDE (4-5 HOURS)
5	 REST STRETCH	 RIDE 60 MINS (EASY RECOVERY)	 RIDE 2 HOURS WITH TWO 5-MIN MODERATE SPRINTS	 REST STRETCH	 RIDE 3 HOURS WITH TWO 5-MIN MODERATE SPRINTS	 RIDE 4 HOURS	 REST STRETCH
6	 RIDE 3 HOURS WITH TWO 5-MIN MODERATE SPRINTS ON A CLIMB	 RIDE 4 HOURS	 RIDE 4 HOURS	 REST STRETCH	 RIDE 3 HOURS WITH THREE 5-MIN MODERATE SPRINTS ON A CLIMB	 RIDE 5 HOURS	 REST STRETCH
7	 RIDE 4 HOURS WITH THREE 5-MIN INTENSE SPRINTS	 RIDE 4 HOURS	 RIDE 5 HOURS	 REST STRETCH	 RIDE 3 HOURS WITH THREE 5-MIN INTENSE SPRINTS	 REST STRETCH	 RIDE 6 HOURS (85-100 MILES DEPENDING ON YOUR SPEED)
8	 REST STRETCH	 RIDE 2 HOURS (EASY RECOVERY)	 RIDE 3 HOURS	 RIDE 3 HOURS WITH THREE 5-MIN MODERATE SPRINTS	 REST STRETCH	 RIDE 60 MINS (EASY, AFTER TRAVEL)	 THE CENTURY RIDE!