



BIKE · INTERMEDIATE

Intermediate 100-mile century



12-Week Century Ride Training Plan

Ride 100 miles (160K) in one day, fuelled and paced right.

EVENT

**100-mile
century**

LEVEL

Intermediate

LENGTH

12 weeks

DAYS / WEEK

4



Train it in the app

Scan to get Gritup — this plan adapts to your pace, reschedules itself around missed sessions, and syncs to your watch.

gritup.fit

The plan · 12 weeks · week 1 to race week

No dates. Start week 1 whenever you're ready — the app anchors the plan to your real race day and moves the rest around your life.

Week 1

BASE

Mon	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	140 min
130 min continuous · 5 min warm-up · 5 min cool-down		

Week 2

BASE

Mon	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	172 min
162 min continuous · 5 min warm-up · 5 min cool-down		

Week 3

BASE

Mon	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Wed	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	204 min
194 min continuous · 5 min warm-up · 5 min cool-down		

Week 4

BUILD

Mon	Tempo Ride	50 min
3 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	161 min
151 min continuous · 5 min warm-up · 5 min cool-down		

Week 5

BUILD

Mon	Tempo Ride	60 min
4 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	217 min
207 min continuous · 5 min warm-up · 5 min cool-down		

Week 6

BUILD

Mon	Tempo Ride	60 min
4 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	230 min
220 min continuous · 5 min warm-up · 5 min cool-down		

Week 7

BUILD

Mon	Tempo Ride	60 min
4 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	230 min
220 min continuous · 5 min warm-up · 5 min cool-down		

Week 8

BUILD

Mon	Tempo Ride	50 min
3 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	48 min
38 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	192 min
182 min continuous · 5 min warm-up · 5 min cool-down		

Week 9

BUILD

Mon	Tempo Ride	60 min
4 × (8 min work / 2 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	255 min
245 min continuous · 5 min warm-up · 5 min cool-down		

Week 10

PEAK

Mon	Threshold Intervals	56 min
2 × (15 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	230 min
220 min continuous · 5 min warm-up · 5 min cool-down		

Week 11

PEAK

Mon	Threshold Intervals	56 min
2 × (15 min work / 3 min easy) · 10 min warm-up · 10 min cool-down		
Wed	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Fri	Easy Ride	60 min
50 min continuous · 5 min warm-up · 5 min cool-down		
Sat	Long Ride	230 min
220 min continuous · 5 min warm-up · 5 min cool-down		

Week 12

RACE WEEK

Mon	Easy Ride	45 min
45 min continuous		
Wed	Easy Ride	45 min
45 min continuous		
Fri	Easy Ride	45 min
45 min continuous		
Sun	Race Day: Bike RACE	300 min
300 min continuous		