

ElliptiGO Metric Century (100K) Training Program

- * The metric century distance training program is suitable for any ElliptiGO rider who routinely rides between 3 and 4 days a week and can comfortably complete a 20 mile ride on mixed terrain.
- * The "Mode" of each daily workout is explained in more detail in the green section below.
- * Make sure to double-check the distance of your metric century before you begin your program as ride organizers often take some liberties in how they convert 100K rides to miles. We've seen rides between 62 and 65 miles referred to as "metric centuries."
- * If you are new to ElliptiGO and/or endurance training, we also recommend consulting a physician as you would before beginning any new exercise regimen.

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MODE	Rest	Hill Workout	Cross-Training	Tempo Ride	Short Ride	Long Ride	Recovery Ride
INTENSITY		Challenging	Easy	Challenging	Easy - Moderate	Moderate - Challenging	Easy
WEEK 1	Rest	30 mins	30-60 mins	30 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	20 miles Goal Pace - 1 mph	30 mins Goal Pace - 2 mph
WEEK 2	Rest	30 mins	30-60 mins	30 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	25 miles Goal Pace - 1 mph	30 mins Goal Pace - 2 mph
WEEK 3	Rest	30 mins	30-60 mins	30 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	25 miles Goal Pace	30 mins Goal Pace - 2 mph
WEEK 4	Rest	40 mins	30-60 mins	45 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	30 miles Goal Pace - 1 mph	30 mins Goal Pace - 2 mph
WEEK 5	Rest	40 mins	30-60 mins	45 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	30 miles Goal Pace	30 mins Goal Pace - 2 mph
WEEK 6	Rest	45 mins	30-60 mins	45 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	35 miles Goal Pace - 1 mph	30 mins Goal Pace - 2 mph
WEEK 7	Rest	45 mins	30-60 mins	60 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	40 miles Goal Pace - 1 mph	30 mins Goal Pace - 2 mph
WEEK 8	Rest	50 mins	30-60 mins	60 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	40 miles Goal Pace	30 mins Goal Pace - 2 mph
WEEK 9	Rest	50 mins	30-60 mins	60 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	45 miles Goal Pace - 1 mph	30 mins Goal Pace - 2 mph

WEEK 10	Rest	50 mins	30-60 mins	75 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	45 miles Goal Pace	30 mins Goal Pace - 2 mph
WEEK 11	Rest	60 mins	30-60 mins	75 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	50 miles Goal Pace - 1 mph	30 mins Goal Pace - 2 mph
WEEK 12	Rest	60 mins	30-60 mins	75 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	50 miles Goal Pace	30 mins Goal Pace - 2 mph
WEEK 13	Rest	60 mins	30-60 mins	75 mins Goal Pace + 2 mph	30 mins Goal Pace - 1 mph	55 miles Goal Pace - 1mph	30 mins Goal Pace - 2 mph
WEEK 14	Rest	30 mins	30-60 mins	30 mins Goal Pace	Rest	Metric Century Day!	

Goal Pace = Your goal pace (in mph) for your metric century ride. If you are not sure what a reasonable goal pace should be, complete a 20 mile ride over mixed terrain at a "moderate to high" level of exertion (about 70-80% of your maximum effort) with a bike computer. Your avg speed (including any stops) over that ride is a reasonable goal pace for your metric century.

Hill Workout = Download your event course terrain and elevation profile. If you are completing a hilly course, try to identify a local hill/incline you can train on that has a comparable percent grade, but isn't as long as the climb during your event. If your course will largely be flat, we still encourage you to identify an incline you can use to train on to build leg strength and stamina. The Hill Workout is based on time rather than distance. You don't need to be climbing for the entire duration but, if possible, try to have climbing and descending comprise at least 50%-70% of the workout time.

Cross-Training = We recommend one day of Cross-Training per week. Find another type of physical activity you enjoy that will build flexibility and strength of muscles that are not usually engaged by ElliptiGO workouts. A weekly yoga/pilates class; a gym-based weight-training program; a light swim workout or even some light hiking/walking could fulfill your cross-training needs. Even though you could ride your ElliptiGO every day without risk of injury we find that weekly cross-training workouts keep your body in balance and add variety to your weekly exercise regimen.

Tempo Ride = Much like the "tempo run" used in most running programs, the tempo ride is designed to develop speed over shorter distances (and times) than your peak event. The tempo rides should feel challenging and "fast" because you will be going faster than your goal pace for your actual event. For these rides, you should stick largely (if not exclusively) to flat terrain.

Short Ride = The Short Ride is designed as a warm-up ride for the day before for your weekly long endurance ride. This ride is important because it helps you simultaneously recover from the tempo ride workout and maintain muscle memory going into the Long Ride. Unless otherwise noted, we don't generally recommend skipping or substituting the Short Ride with a Rest Day. You could, however, substitute the Short Ride with a second Cross-Training day.

Long Ride = The weekly Long Ride is designed to build endurance and stamina. Most weeks you will be doing these long rides at a pace that is slower than your goal pace, with a few "goal pace" long rides mixed in to increase intensity after you've already completed a long ride of an equal distance. Unlike running, you have a much shorter taper period of only one week because the low-impact nature of the ElliptiGO workout does not require a comparable amount of time for the body to heal.

Recovery Ride = In order to actively recover from your exertions during the long ride and clear any lactic acid build-up from your legs, it is important to complete a weekly recovery ride. This should feel like a slow, casual and even leisurely ride. We recommend this ride for exploring new routes or for integrating into other recreational activities. (For instance, you can get your 30 minutes of riding in as you run errands by bike or by riding to a park to meet friends.)

Rest = Although in theory you could ride ElliptiGO 7 days a week, we think it's more realistic to plan for one complete rest day per week. While ElliptiGO will not take a physical toll on your joints or other parts of your body, you are training as an endurance athlete and should take one day off a week from cardio-activity to let your body fully recover for the next week of training.

Questions about this training program or about how you should adapt it for your own training needs?

Send Team ElliptiGO an email: training@elliptigo.com