



Schwinn® Cycling: Ride a Century!

The cycling "century," 100 miles of pure endurance, is quickly becoming the new fund-raiser favorite for amateur riders! The thought of riding triple digits can be daunting, but your indoor cycling classes are perfectly suited to help students prepare to stay the course. In this workshop you'll learn the key components of a century and walk away with two complete program designs, including class notes and music.

- I. **Distance Cycling Overview**
- II. **Century Specifics**
 - a. Self-planned
 - b. Fully-supported
 - c. A Brevet
- III. **Considerations**
 - a. Technical Skills
 - b. Position Problems
 - i. Bike fit
 - ii. Cycling mechanics
 - c. Point Tenderness
 - i. Pressure vs. Friction
 - d. Muscle Cramps
 - e. Nutrition
 - i. During event
 - ii. Immediately after
 - f. Hydration and Electrolytes
 - i. Calculating hydration needs
 - ii. Understanding hyponatremia
 - g. Strength Training
- IV. **Designing a Distance Cycling Training Program**
 - a. Foundation
 - b. Preparation
 - c. Specialization
- V. **Designing a Century Ride in 5 Classes**

"What if I kept going? What if I rode 50-miles to Ohmygoodnesston... or 70-miles to Youvegottabekiddingburg... or a century to Areyoucrazyville? What if I rode for 24-hours straight? How far could I go?"

– Lisa Marie Dougherty, 3-time winner of the Ultra Marathon Cycling Association's 24 Hour Championship Race