



we are
cycling
UK


Bikeweek
Cycle for the century

Cover 100 miles by bike

For more regular cyclists



Riding 100 miles, or a 'century', is a huge milestone for cyclists and great feat to work towards.

Solo

So you want to take on the big challenge... Widely considered to be the cycling equivalent of running a marathon, a century deserves a similar amount of planning and a training plan suited to your fitness and experience.

A rule of thumb is to get out for three rides per week. Ideally these would include a steady ride, somewhere between a moderate and vigorous pace, a speed ride –

incorporating some repeated rounds of maximum effort with rests in between – and a long ride. Gradually increase the distance and duration of these sessions, before tapering them of within a couple of weeks of the big day. For many, it makes sense to have the long ride at the weekend, with the shorter sessions in the week. You can read more about [how to train for a century](#) here.



Relay

If 100 miles seems a bit too much, or if you'd really struggle to find time for the necessary training – why not tick off 100 miles as part of a relay team? If say 20 miles seemed a more manageable distance, why not grab 4 friends or colleagues, pick a date and plot a route! It's a great excuse to work together towards a shared goal, and it gives you more company to celebrate with when the ride is over...

Whichever way you choose to ride 100 miles, make sure to plan your route carefully, and take traffic and elevation into account. If it's your first time riding this kind of distance, then you'll probably find the quietest and flattest route is the best option! Head to Cycling UK's [journey planner](#). You just enter your start and finish points, and it suggests routes on quieter roads and bike paths, whether you're in cities or countryside.