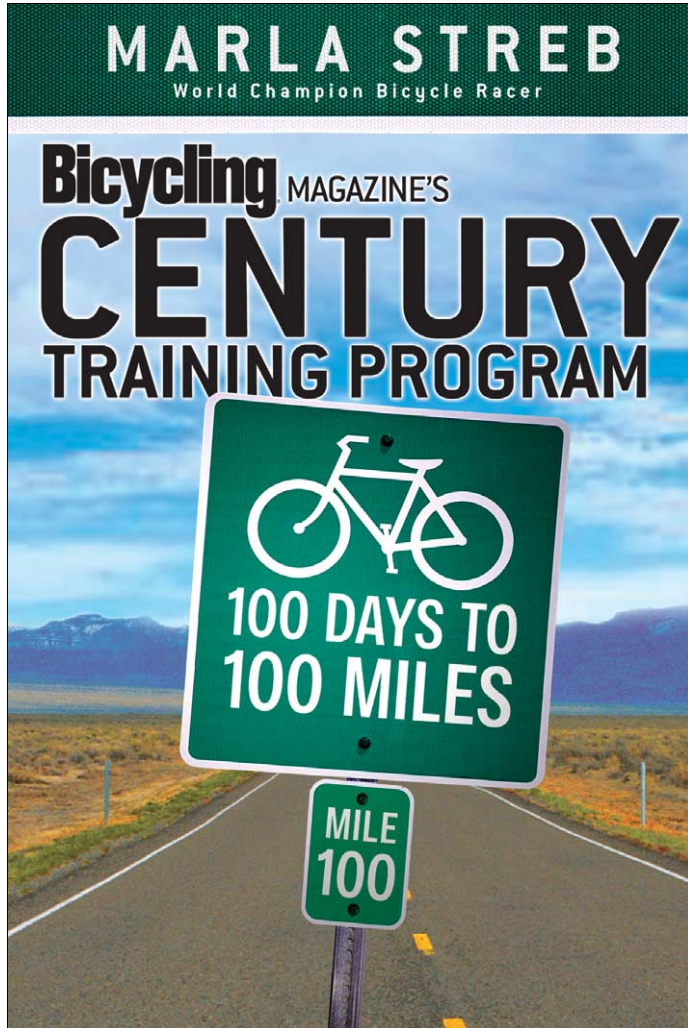


***BICYCLING*® MAGAZINE'S CENTURY TRAINING PROGRAM**

100 Days to 100 Miles

By Marla Streb

A complete training program for riding—and enjoying—cycling's fastest growing challenge



To ride a century means to cover 100 miles in a day—no small feat for riders at any level. But the century is becoming cycling's equivalent of the marathon, with more and more century events scheduled for thousands of riders across the country. Now, champion pro cyclist Marla Streb provides a thorough manual for anyone who wants to train for this distance. She offers guidelines for:

- **Customizing a training plan based on fitness level and century pace goal.**
- **Getting proper bike fit and choosing the right equipment.**
- **Training and ride-day strategies for optimal fueling and hydration.**

Backed by *Bicycling* Magazine, the world's leading bike magazine and a proven authority on long-distance cycling, this book is an indispensable guide for recreational and competitive cyclists alike.

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