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.

For more information, or to schedule an interview,
please contact Caroline Brown at 610-967-7655 or Caroline.Brown@Rodale.com

MARLA STREB is a U.S. National
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