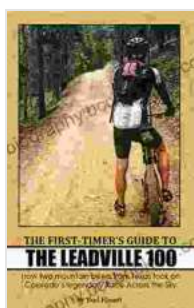


The First Timer's Guide to the Leadville 100

The Leadville 100 is one of the most challenging mountain bike races in the world. It covers 100 miles of rugged terrain, with over 10,000 feet of climbing. The race is held every year in Leadville, Colorado, at an elevation of over 10,000 feet. This guide will help you prepare for your first Leadville 100, covering everything from training to race day strategy.



The First-Timer's Guide to the Leadville 100: How two mountain bikers from Texas took on Colorado's legendary Race Across the Sky by Bud Hasert

★★★★☆ 4.4 out of 5

Language : English

File size : 8972 KB

Screen Reader: Supported

Print length : 138 pages



Training

Training for the Leadville 100 requires a significant commitment of time and effort. You should start training at least six months in advance, and you should gradually increase your mileage and intensity over time. You should also focus on building strength and endurance, and you should practice riding in the mountains.

Here is a sample training plan for the Leadville 100:

- **Month 1:** Start with a base of 50-60 miles per week. Focus on building endurance by riding long, steady rides.
- **Month 2:** Increase your mileage to 60-70 miles per week. Start adding some hills into your rides, and start to increase the intensity of your workouts.
- **Month 3:** Increase your mileage to 70-80 miles per week. Continue to add hills into your rides, and start to do some interval training.
- **Month 4:** Increase your mileage to 80-90 miles per week. Start to taper your training in the last two weeks before the race.
- **Race week:** Rest and recover in the days leading up to the race. Eat healthy foods and get plenty of sleep.

Race Day Strategy

On race day, it is important to have a race day strategy. This will help you stay focused and motivated during the race. Here are some tips for race day strategy:

- **Start conservatively:** It is important to start the race conservatively. Don't go out too hard, or you will burn out later in the race.
- **Pace yourself:** The Leadville 100 is a long race. It is important to pace yourself so that you can finish strong.
- **Stay hydrated:** It is important to stay hydrated during the race. Drink plenty of fluids, and eat energy gels or bars to replenish your energy stores.

- **Listen to your body:** If you are feeling tired or sore, don't push yourself too hard. Take a break and rest.
- **Have fun:** The Leadville 100 is a challenging race, but it is also a lot of fun. Enjoy the experience and the camaraderie of the other riders.

The Leadville 100 is a challenging but rewarding race. With proper training and preparation, you can achieve your goal of finishing the race. Follow the tips in this guide, and you will be well on your way to success.



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