

12-Week Beginner Gravel Training Plan for 100 Miles

12 weeks - 4 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM
RPE (1-10 scale)

WEEKLY HOURS
6h

RIDES / WEEK
4

PLAN OVERVIEW

Adaptation

Weeks 1-4 · 4-5h/week

Build the habit of four rides per week on mixed surfaces. All rides are at an easy, conversational effort. Focus on consistency, getting comfortable on gravel, and learning to relax on rough terrain.

Build

Weeks 5-9 · 5-7h/week

Gradually increase ride duration and introduce tempo and climb efforts on gravel. Your long ride grows steadily each week, and weekday rides add structured blocks to build sustainable power on loose terrain.

Peak

Weeks 10-11 · 7-7.5h/week

Your highest volume weeks. The long gravel ride reaches near-target duration. These two weeks build the confidence and endurance that prove 100 miles on gravel is achievable.

Taper

Weeks 12 · 4-5h/week

Reduce volume by 40% while keeping a couple of short, moderate-effort rides to stay sharp. Rest, nutrition, and bike preparation are the priority. You should feel restless by ride day.

ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Long gravel ride @ RPE 3-4 1h 15min	Recovery spin @ RPE 2 25 min
Week 2	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Long gravel ride @ RPE 3-4 1h 30min	Recovery spin @ RPE 2 25 min
Week 3	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Long gravel ride @ RPE 3-4 1h 45min	Recovery spin @ RPE 2 30 min
Week 4	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Gravel ride @ RPE 3-4 55 min	Rest -	Long gravel ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Gravel ride @ RPE 3-4 55 min	Rest -	Mixed-surface tempo @ RPE 5-6 55 min	Rest -	Long gravel ride @ RPE 3-4 2h 15min	Recovery spin @ RPE 2 30 min
Week 6	Rest -	Gravel ride @ RPE 3-4 55 min	Rest -	Gravel climb repeats @ RPE 5-6 60 min	Rest -	Long gravel ride @ RPE 3-4 2h 30min	Recovery spin @ RPE 2 30 min
Week 7	Rest -	Mixed-surface tempo @ RPE 5-6 60 min	Rest -	Gravel climb repeats @ RPE 5-6 60 min	Rest -	Long gravel ride @ RPE 3-4 2h 45min	Recovery spin @ RPE 2 30 min
Week 8	Rest -	Mixed-surface tempo @ RPE 5-6 65 min	Rest -	Gravel climb repeats @ RPE 5-6 65 min	Rest -	Long gravel ride @ RPE 3-4 3h	Recovery spin @ RPE 2 35 min
Week 9	Rest -	Mixed-surface tempo @ RPE 5-6 65 min	Rest -	Gravel climb repeats @ RPE 5-6 65 min	Rest -	Long gravel ride @ RPE 3-4 3h 30min	Recovery spin @ RPE 2 35 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	Mixed-surface tempo @ RPE 5-6 70 min	Rest -	Gravel climb repeats @ RPE 5-6 65 min	Rest -	Long gravel ride @ RPE 3-4 4h	Recovery spin @ RPE 2 35 min
Week 11	Rest -	Mixed-surface tempo @ RPE 5-6 70 min	Rest -	Gravel climb repeats @ RPE 5-6 70 min	Rest -	Long gravel ride @ RPE 3-4 4h 30min	Recovery spin @ RPE 2 35 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Mixed-surface tempo @ RPE 5-6 45 min	Rest -	100-Mile Gravel Ride Day @ RPE 3-5 7-9h	Rest -