

12-Week Beginner Gravel Training Plan for 50 Miles

12 weeks - 4 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM
RPE (1-10 scale)

WEEKLY HOURS
5h

RIDES / WEEK
4

PLAN OVERVIEW

Adaptation

Weeks 1-4 · 2.5-3.5h/week

Four weeks to build the riding habit, develop comfort on mixed surfaces, and establish your aerobic base. All rides are at an easy, conversational effort. The longer adaptation phase gives your joints, muscles, and connective tissue time to adjust without rushing.

Build

Weeks 5-9 · 3.5-5.5h/week

Five weeks of progressive volume and intensity. Your long ride grows steadily, and weekday rides introduce tempo efforts and gravel climb repeats. The gradual ramp gives you time to absorb each increase before the next one arrives.

Peak

Weeks 10-11 · 5.5-6.5h/week

Two weeks at your highest volume. The long gravel ride reaches near-target distance. These weeks build the deep confidence that 50 miles on gravel is well within your ability.

Taper

Weeks 12 · 3-3.5h/week

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

ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Gravel ride @ RPE 3-4 35 min	Rest -	Gravel ride @ RPE 3-4 35 min	Rest -	Long gravel ride @ RPE 3-4 50 min	Recovery spin @ RPE 2 20 min
Week 2	Rest -	Gravel ride @ RPE 3-4 40 min	Rest -	Gravel ride @ RPE 3-4 40 min	Rest -	Long gravel ride @ RPE 3-4 60 min	Recovery spin @ RPE 2 25 min
Week 3	Rest -	Gravel ride @ RPE 3-4 40 min	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Long gravel ride @ RPE 3-4 70 min	Recovery spin @ RPE 2 25 min
Week 4	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Long gravel ride @ RPE 3-4 75 min	Recovery spin @ RPE 2 30 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Mixed-surface tempo @ RPE 5-6 50 min	Rest -	Long gravel ride @ RPE 3-4 85 min	Recovery spin @ RPE 2 30 min
Week 6	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Mixed-surface tempo + 2x5min @ RPE 5-6 55 min	Rest -	Long gravel ride @ RPE 3-4 95 min	Recovery spin @ RPE 2 30 min
Week 7	Rest -	Gravel ride + 2x8min @ RPE 5-6 55 min	Rest -	Gravel climb repeats @ RPE 5-6 55 min	Rest -	Long gravel ride @ RPE 3-4 105 min	Recovery spin @ RPE 2 30 min
Week 8	Rest -	Gravel ride + 3x8min @ RPE 5-6 60 min	Rest -	Gravel climb repeats @ RPE 5-6 60 min	Rest -	Long gravel ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min
Week 9	Rest -	Mixed-surface tempo + 3x8min @ RPE 5-6 65 min	Rest -	Gravel climb repeats @ RPE 5-6 65 min	Rest -	Long gravel ride + tempo finish @ RPE 5-6 2h 15min	Recovery spin @ RPE 2 30 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	Mixed-surface tempo + 3x10min @ RPE 5-6 70 min	Rest -	Gravel climb repeats @ RPE 5-6 65 min	Rest -	Long gravel ride @ RPE 3-4 2h 30min	Recovery spin @ RPE 2 30 min
Week 11	Rest -	Mixed-surface tempo + 2x12min @ RPE 5-6 70 min	Rest -	Gravel climb repeats @ RPE 5-6 65 min	Rest -	Long gravel ride @ RPE 3-4 2h 45min	Recovery spin @ RPE 2 30 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Mixed-surface tempo + 2x5min @ RPE 5-6 45 min	Rest -	50-Mile Gravel Ride Day @ RPE 3-5 3.5-4.5h	Rest -