

12-Week Beginner Road Cycling Training Plan for 100 Miles

12 weeks - 4 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM
RPE (1-10 scale)

WEEKLY HOURS
5.5h

RIDES / WEEK
4

PLAN OVERVIEW

Adaptation

Weeks 1-4 · 4-4.5h/week

Build a consistent four-ride routine and develop comfort with longer time on the bike. All rides are easy effort. The long ride grows from 60 minutes to 90 minutes by the end of this phase.

Build

Weeks 5-9 · 4.5-6.5h/week

Introduce tempo intervals on weekdays and steadily increase the Saturday long ride. You will practice century nutrition and learn to fuel for rides over 2 hours. Your long ride grows from 105 minutes to 3h 30min.

Peak

Weeks 10-11 · 6.5-7h/week

Your highest volume weeks. The long ride reaches 4 to 4.5 hours, simulating century conditions. These weeks build the confidence and endurance to complete 100 miles.

Taper

Weeks 12 · 4-5h/week

Volume drops by 40%. Short, moderate rides keep your legs fresh. Focus on sleep, nutrition prep, and gear check. You should feel restless by century day, which means the taper is working.

ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Easy ride @ RPE 3-4 45 min	Rest -	Easy ride @ RPE 3-4 45 min	Rest -	Long easy ride @ RPE 3-4 60 min	Recovery spin @ RPE 2 25 min
Week 2	Rest -	Easy ride @ RPE 3-4 50 min	Rest -	Easy ride @ RPE 3-4 50 min	Rest -	Long easy ride @ RPE 3-4 70 min	Recovery spin @ RPE 2 25 min
Week 3	Rest -	Easy ride @ RPE 3-4 50 min	Rest -	Easy ride @ RPE 3-4 50 min	Rest -	Long easy ride @ RPE 3-4 80 min	Recovery spin @ RPE 2 25 min
Week 4	Rest -	Easy ride @ RPE 3-4 55 min	Rest -	Easy ride @ RPE 3-4 55 min	Rest -	Long easy ride @ RPE 3-4 90 min	Recovery spin @ RPE 2 30 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Easy ride @ RPE 3-4 55 min	Rest -	Easy ride + 2x5min @ RPE 5-6 55 min	Rest -	Long easy ride @ RPE 3-4 105 min	Recovery spin @ RPE 2 30 min
Week 6	Rest -	Easy ride @ RPE 3-4 60 min	Rest -	Easy ride + 2x8min @ RPE 5-6 60 min	Rest -	Long easy ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min
Week 7	Rest -	Easy ride + 2x8min @ RPE 5-6 60 min	Rest -	Easy ride + 3x5min @ RPE 5-6 60 min	Rest -	Long easy ride @ RPE 3-4 2h 30min	Recovery spin @ RPE 2 30 min
Week 8	Rest -	Easy ride + 2x10min @ RPE 5-6 65 min	Rest -	Easy ride + 3x8min @ RPE 5-6 65 min	Rest -	Long easy ride @ RPE 3-4 2h 45min	Recovery spin @ RPE 2 35 min
Week 9	Rest -	Easy ride + 3x10min @ RPE 5-6 70 min	Rest -	Easy ride + 2x12min @ RPE 5-6 65 min	Rest -	Long easy ride + tempo finish @ RPE 5-6 3h 15min	Recovery spin @ RPE 2 35 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	Easy ride + 3x10min @ RPE 5-6 70 min	Rest -	Easy ride + 2x15min @ RPE 5-6 70 min	Rest -	Long easy ride @ RPE 3-4 3h 45min	Recovery spin @ RPE 2 35 min
Week 11	Rest -	Easy ride + 3x12min @ RPE 5-6 75 min	Rest -	Easy ride + 2x12min @ RPE 5-6 70 min	Rest -	Long easy ride @ RPE 3-4 4h 15min	Recovery spin @ RPE 2 35 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Easy ride @ RPE 3-4 50 min	Rest -	Easy ride + 2x8min @ RPE 5-6 55 min	Rest -	100-Mile Century Ride Day @ RPE 3-5 5-7h	Rest -