

12-Week Beginner Road Cycling Training Plan for 50 Miles

12 weeks - 4 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM
RPE (1-10 scale)

WEEKLY HOURS
4.5h

RIDES / WEEK
4

PLAN OVERVIEW

Adaptation

Weeks 1-4 · 3-3.5h/week

Get your body used to riding four times per week and build a consistent routine. All rides are at an easy, conversational effort. The focus is on showing up regularly and developing comfort on the bike.

Build

Weeks 5-9 · 3.5-5h/week

Gradually increase ride duration and introduce tempo efforts. Your long ride grows each week while weekday rides add short blocks of moderate intensity to build sustainable power.

Peak

Weeks 10-11 · 5-5.5h/week

Your highest volume weeks. The long ride reaches near-target distance. These weeks build the confidence and fitness to complete 50 miles on ride day.

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 -	Easy ride @ RPE 3-4 30 min	Rest -	Easy ride @ RPE 3-4 30 min	Rest -	Long easy ride @ RPE 3-4 45 min	Recovery spin @ RPE 2 20 min
Week 2	Rest -	Easy ride @ RPE 3-4 35 min	Rest -	Easy ride @ RPE 3-4 35 min	Rest -	Long easy ride @ RPE 3-4 50 min	Recovery spin @ RPE 2 20 min
Week 3	Rest -	Easy ride @ RPE 3-4 40 min	Rest -	Easy ride @ RPE 3-4 40 min	Rest -	Long easy ride @ RPE 3-4 60 min	Recovery spin @ RPE 2 25 min
Week 4	Rest -	Easy ride @ RPE 3-4 40 min	Rest -	Easy ride @ RPE 3-4 40 min	Rest -	Long easy ride @ RPE 3-4 70 min	Recovery spin @ RPE 2 25 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Easy ride @ RPE 3-4 45 min	Rest -	Easy ride + 2x5min @ RPE 5-6 50 min	Rest -	Long easy ride @ RPE 3-4 75 min	Recovery spin @ RPE 2 25 min
Week 6	Rest -	Easy ride @ RPE 3-4 50 min	Rest -	Easy ride + 2x5min @ RPE 5-6 50 min	Rest -	Long easy ride @ RPE 3-4 90 min	Recovery spin @ RPE 2 30 min
Week 7	Rest -	Easy ride @ RPE 3-4 50 min	Rest -	Easy ride + 3x5min @ RPE 5-6 55 min	Rest -	Long easy ride @ RPE 3-4 105 min	Recovery spin @ RPE 2 30 min
Week 8	Rest -	Easy ride + 2x8min @ RPE 5-6 55 min	Rest -	Easy ride + 3x5min @ RPE 5-6 55 min	Rest -	Long easy ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min
Week 9	Rest -	Easy ride + 3x8min @ RPE 5-6 60 min	Rest -	Easy ride + 2x10min @ RPE 5-6 60 min	Rest -	Long easy 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 -	Easy ride + 3x10min @ RPE 5-6 65 min	Rest -	Easy ride + 2x10min @ RPE 5-6 60 min	Rest -	Long easy ride @ RPE 3-4 2h 30min	Recovery spin @ RPE 2 30 min
Week 11	Rest -	Easy ride + 2x10min @ RPE 5-6 60 min	Rest -	Easy ride + 2x8min @ RPE 5-6 55 min	Rest -	Long easy ride @ RPE 3-4 2h 45min	Recovery spin @ RPE 2 30 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Easy ride @ RPE 3-4 40 min	Rest -	Easy ride + 2x5min @ RPE 5-6 45 min	Rest -	50-Mile Ride Day @ RPE 3-5 3-4h	Rest -