

16-Week Beginner Gravel Training Plan for 100 Miles

16 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 1-6 · 4-5h/week

Six weeks of easy riding to build the habit, develop comfort on gravel, and establish a strong aerobic base. All rides are at a conversational effort. The focus is consistency, tire awareness, and relaxing on rough surfaces.

Build

Weeks 7-12 · 5-7h/week

Introduce tempo and gravel climb efforts while gradually increasing long ride duration. Your body is now adapted to regular riding, and structured intensity builds the power and endurance needed for 100 miles on gravel.

Peak

Weeks 13-14 · 7-7.5h/week

Your two highest volume weeks. The long gravel ride reaches near-target duration. These weeks build the final layer of confidence and endurance before the taper.

Taper

Weeks 15-16 · 4-5h/week

Two weeks of reduced volume. Week 15 drops by 25%, and week 16 drops by 40% with ride day at the end. The extended taper ensures full recovery for a long gravel event.

ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Gravel ride @ RPE 3-4 40 min	Rest -	Gravel ride @ RPE 3-4 40 min	Rest -	Long gravel ride @ RPE 3-4 1h	Recovery spin @ RPE 2 25 min
Week 2	Rest -	Gravel ride @ RPE 3-4 40 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 3	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Long gravel ride @ RPE 3-4 1h 30min	Recovery spin @ RPE 2 25 min
Week 4	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Long gravel ride @ RPE 3-4 1h 40min	Recovery spin @ RPE 2 30 min
Week 5	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Long gravel ride @ RPE 3-4 1h 50min	Recovery spin @ RPE 2 30 min
Week 6	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Gravel ride @ RPE 3-4 50 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 7	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 8	Rest -	Gravel ride @ RPE 3-4 55 min	Rest -	Gravel climb repeats @ RPE 5-6 55 min	Rest -	Long gravel ride @ RPE 3-4 2h 30min	Recovery spin @ RPE 2 30 min
Week 9	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 10	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 3h	Recovery spin @ RPE 2 35 min
Week 11	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 15min	Recovery spin @ RPE 2 35 min
Week 12	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 13	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 14	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 15	Rest -	Mixed-surface tempo @ RPE 5-6 60 min	Rest -	Gravel ride @ RPE 3-4 55 min	Rest -	Long gravel ride @ RPE 3-4 3h	Recovery spin @ RPE 2 30 min
Week 16	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 -