

# 16-Week Beginner Road Cycling Training Plan for 100 Miles

16 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 1-6 · 4-4.5h/week

Six weeks to build your riding habit and develop comfort on the bike. All rides are easy effort with gradual duration increases. The long ride grows from 45 minutes to 90 minutes. No intensity, just consistency.

### Build

Weeks 7-12 · 4.5-6.5h/week

Introduce tempo intervals on weekdays and make significant long ride gains. You will practice century nutrition and develop your fueling strategy. Long ride grows from 105 minutes to 3h 30min.

### Peak

Weeks 13-14 · 6.5-7h/week

Your highest volume weeks. The long ride reaches 4 to 4.5 hours, simulating century conditions. These weeks provide the final physical and mental preparation.

### Taper

Weeks 15-16 · 3.5-5h/week

Two weeks of reduced volume to absorb all your training. Week 15 drops volume by 25%. Week 16 drops by another 20% and ends with century day. You should feel increasingly restless, which means the taper is working.

## ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Easy ride @ RPE 3-4 35 min	Rest -	Easy ride @ RPE 3-4 35 min	Rest -	Long easy ride @ RPE 3-4 45 min	Recovery spin @ RPE 2 20 min
Week 2	Rest -	Easy ride @ RPE 3-4 40 min	Rest -	Easy ride @ RPE 3-4 40 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 55 min	Recovery spin @ RPE 2 25 min
Week 4	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 5	Rest -	Easy ride @ RPE 3-4 45 min	Rest -	Easy ride @ RPE 3-4 45 min	Rest -	Long easy ride @ RPE 3-4 70 min	Recovery spin @ RPE 2 25 min
Week 6	Rest -	Easy ride @ RPE 3-4 50 min	Rest -	Easy ride @ RPE 3-4 50 min	Rest -	Long easy ride @ RPE 3-4 90 min	Recovery spin @ RPE 2 25 min

## BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 7	Rest -	Easy ride @ RPE 3-4 50 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 8	Rest -	Easy ride @ RPE 3-4 55 min	Rest -	Easy ride + 2x8min @ RPE 5-6 55 min	Rest -	Long easy ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min
Week 9	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 15min	Recovery spin @ RPE 2 30 min
Week 10	Rest -	Easy ride + 2x10min @ RPE 5-6 60 min	Rest -	Easy ride + 3x8min @ 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 + 3x10min @ RPE 5-6 65 min	Rest -	Easy ride + 2x12min @ RPE 5-6 65 min	Rest -	Long easy ride @ RPE 3-4 3h	Recovery spin @ RPE 2 35 min
Week 12	Rest -	Easy ride + 3x10min @ RPE 5-6 70 min	Rest -	Easy ride + 2x15min @ RPE 5-6 70 min	Rest -	Long easy ride + tempo finish @ RPE 5-6 3h 30min	Recovery spin @ RPE 2 35 min

## PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 13	Rest -	Easy ride + 3x12min @ RPE 5-6 75 min	Rest -	Easy ride + 2x15min @ RPE 5-6 70 min	Rest -	Long easy ride @ RPE 3-4 4h	Recovery spin @ RPE 2 35 min
Week 14	Rest -	Easy ride + 3x10min @ RPE 5-6 70 min	Rest -	Easy ride + 2x12min @ RPE 5-6 65 min	Rest -	Long easy ride @ RPE 3-4 4h 30min	Recovery spin @ RPE 2 35 min

## TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 15	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 3h	Recovery spin @ RPE 2 30 min
Week 16	Rest -	Easy ride @ RPE 3-4 45 min	Rest -	Easy ride + 2x5min @ RPE 5-6 50 min	Rest -	100-Mile Century Ride Day @ RPE 3-5 5-7h	Rest -