

8-Week Beginner Gravel Training Plan for 100 Miles

8 weeks - 4 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM
RPE (1-10 scale)

WEEKLY HOURS
7h

RIDES / WEEK
4

PLAN OVERVIEW

Adaptation

Weeks 1-2 · 5-5.5h/week

Get your body used to riding regularly on mixed surfaces and establish the habit of four rides per week. All rides are at an easy, conversational effort. The focus is consistency and getting comfortable on gravel.

Build

Weeks 3-6 · 6-8h/week

Gradually increase ride duration and introduce tempo efforts on mixed surfaces. Your long gravel ride grows each week, and weekday rides add structured blocks of moderate intensity to build sustainable power on loose terrain.

Peak

Weeks 7 · 8-8.5h/week

Your highest volume week. The long gravel ride reaches near-target duration. This is the hardest week of the plan, designed to build confidence that 100 miles on gravel is within reach.

Taper

Weeks 8 · 4-5h/week

Reduce volume by 40% while keeping a couple of short, moderate-effort rides to stay sharp. Rest and nutrition are the priority this week. 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 50 min	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Long gravel ride @ RPE 3-4 1h 30min	Recovery spin @ RPE 2 30 min
Week 2	Rest -	Gravel ride @ RPE 3-4 55 min	Rest -	Gravel ride @ RPE 3-4 55 min	Rest -	Long gravel ride @ RPE 3-4 1h 45min	Recovery spin @ RPE 2 30 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 3	Rest -	Gravel ride @ RPE 3-4 60 min	Rest -	Mixed-surface tempo @ RPE 5-6 60 min	Rest -	Long gravel ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min
Week 4	Rest -	Gravel ride @ RPE 3-4 65 min	Rest -	Gravel climb repeats @ RPE 5-6 65 min	Rest -	Long gravel ride @ RPE 3-4 2h 30min	Recovery spin @ RPE 2 35 min
Week 5	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 3h	Recovery spin @ RPE 2 35 min
Week 6	Rest -	Mixed-surface tempo @ RPE 5-6 75 min	Rest -	Gravel climb repeats @ RPE 5-6 70 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 7	Rest -	Mixed-surface tempo @ RPE 5-6 75 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 8	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 -

Generated by Cycling Coach AI · cyclingcoachai.com · Build your personalised plan at app.usecoachai.com