

# 8-Week Beginner Gravel Training Plan for 50 Miles

8 weeks - 4 rides/week - RPE-based



## THIS PLAN ASSUMES

**EFFORT SYSTEM**  
RPE (1-10 scale)

**WEEKLY HOURS**  
5h

**RIDES / WEEK**  
4

## PLAN OVERVIEW

### Adaptation

Weeks 1-2 · 3-3.5h/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 surface familiarity, not intensity.

### Build

Weeks 3-6 · 3.5-5.5h/week

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

### Peak

Weeks 7 · 5.5-6h/week

Your highest volume week. The long gravel ride reaches near-target distance. This is the hardest week of the plan, designed to build confidence that 50 miles on gravel is within reach.

### Taper

Weeks 8 · 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 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 40 min	Rest -	Gravel ride @ RPE 3-4 40 min	Rest -	Long gravel ride @ RPE 3-4 60 min	Recovery spin @ RPE 2 25 min
Week 2	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Long gravel ride @ RPE 3-4 75 min	Recovery spin @ RPE 2 30 min

## BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 3	Rest -	Gravel ride @ RPE 3-4 50 min	Rest -	Mixed-surface tempo @ RPE 5-6 55 min	Rest -	Long gravel ride @ RPE 3-4 90 min	Recovery spin @ RPE 2 30 min
Week 4	Rest -	Gravel ride @ RPE 3-4 55 min	Rest -	Mixed-surface tempo + 3x5min @ RPE 5-6 60 min	Rest -	Long gravel ride @ RPE 3-4 105 min	Recovery spin @ RPE 2 30 min
Week 5	Rest -	Gravel ride + 2x8min @ RPE 5-6 60 min	Rest -	Gravel climb repeats @ RPE 5-6 60 min	Rest -	Long gravel ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min
Week 6	Rest -	Gravel ride + 3x8min @ RPE 5-6 65 min	Rest -	Gravel climb repeats @ RPE 5-6 65 min	Rest -	Long gravel ride + tempo finish @ RPE 5-6 2h 15min	Recovery spin @ RPE 2 30 min

## PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 7	Rest -	Mixed-surface tempo + 3x10min @ RPE 5-6 70 min	Rest -	Gravel climb repeats @ RPE 5-6 65 min	Rest -	Long gravel ride @ RPE 3-4 2h 45min	Recovery spin @ RPE 2 30 min

## TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 8	Rest -	Gravel ride @ RPE 3-4 45 min	Rest -	Mixed-surface tempo + 2x5min @ RPE 5-6 45 min	Rest -	50-Mile Gravel Ride Day @ RPE 3-5 3.5-4.5h	Rest -

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