

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

8 weeks - 4 rides/week - RPE-based



## THIS PLAN ASSUMES

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

**WEEKLY HOURS**  
6.5h

**RIDES / WEEK**  
4

## PLAN OVERVIEW

### Adaptation

Weeks 1-2 · 5-5.5h/week

Establish the training routine and confirm your base fitness can handle the plan's demands. Rides are mostly easy with your long ride building from 90 minutes to 2 hours.

### Build

Weeks 3-6 · 6-8h/week

Aggressive weekly increases in long ride duration. Weekday rides add tempo and sustained efforts. You will practice century-specific nutrition on every long ride. Your long ride grows from 2h 15min to 4 hours.

### Peak

Weeks 7 · 8-8.5h/week

Your highest volume week. The long ride reaches 4.5 to 5 hours, simulating century conditions. This week builds the physical and mental confidence that 100 miles is achievable.

### Taper

Weeks 8 · 4-5h/week

Volume drops by 40%. Short, moderate rides keep your legs fresh. Focus on sleep, nutrition, and preparing gear and nutrition for century day.

## ADAPTATION

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Easy ride @ RPE 3-4 60 min	Rest -	Easy ride @ RPE 3-4 60 min	Rest -	Long easy ride @ RPE 3-4 90 min	Recovery spin @ RPE 2 30 min
Week 2	Rest -	Easy ride @ RPE 3-4 60 min	Rest -	Easy ride + 2x5min @ RPE 5-6 65 min	Rest -	Long easy ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min

## BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 3	Rest -	Easy ride + 2x8min @ RPE 5-6 65 min	Rest -	Easy ride + 3x5min @ RPE 5-6 65 min	Rest -	Long easy ride @ RPE 3-4 2h 15min	Recovery spin @ RPE 2 30 min
Week 4	Rest -	Easy ride + 2x10min @ RPE 5-6 70 min	Rest -	Easy ride + 3x8min @ RPE 5-6 70 min	Rest -	Long easy ride @ RPE 3-4 2h 45min	Recovery spin @ RPE 2 35 min
Week 5	Rest -	Easy ride + 3x10min @ RPE 5-6 75 min	Rest -	Easy ride + 2x12min @ RPE 5-6 70 min	Rest -	Long easy ride @ RPE 3-4 3h 15min	Recovery spin @ RPE 2 35 min
Week 6	Rest -	Easy ride + 3x10min @ RPE 5-6 75 min	Rest -	Easy ride + 2x15min @ RPE 5-6 75 min	Rest -	Long easy ride + tempo finish @ RPE 5-6 3h 45min	Recovery spin @ RPE 2 35 min

## PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 7	Rest -	Easy ride + 3x12min @ RPE 5-6 80 min	Rest -	Easy ride + 2x15min @ RPE 5-6 75 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 8	Rest -	Easy ride @ RPE 3-4 50 min	Rest -	Easy ride + 2x8min @ RPE 5-6 55 min	Rest -	100-Mile Century Ride Day @ RPE 3-5 5-7h	Rest -

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