

8-Week Beginner Road Cycling 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 and establish the habit of four rides per week. All rides are at an easy, conversational effort. The focus is consistency, not intensity.

Build

Weeks 3-6 · 3.5-5.5h/week

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

Peak

Weeks 7 · 5.5-6h/week

Your highest volume week. The long ride reaches near-target distance. This is the hardest week of the plan, designed to build confidence that 50 miles 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 -	Easy ride @ RPE 3-4 40 min	Rest -	Easy ride @ RPE 3-4 40 min	Rest -	Long easy ride @ RPE 3-4 60 min	Recovery spin @ RPE 2 25 min
Week 2	Rest -	Easy ride @ RPE 3-4 45 min	Rest -	Easy ride @ RPE 3-4 45 min	Rest -	Long easy ride @ RPE 3-4 75 min	Recovery spin @ RPE 2 30 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 3	Rest -	Easy ride @ RPE 3-4 50 min	Rest -	Easy ride + 2x5min @ RPE 5-6 55 min	Rest -	Long easy ride @ RPE 3-4 90 min	Recovery spin @ RPE 2 30 min
Week 4	Rest -	Easy ride @ RPE 3-4 55 min	Rest -	Easy ride + 3x5min @ RPE 5-6 60 min	Rest -	Long easy ride @ RPE 3-4 105 min	Recovery spin @ RPE 2 30 min
Week 5	Rest -	Easy ride + 2x8min @ RPE 5-6 60 min	Rest -	Easy ride + 3x5min @ RPE 5-6 60 min	Rest -	Long easy ride @ RPE 3-4 2h	Recovery spin @ RPE 2 30 min
Week 6	Rest -	Easy ride + 3x8min @ RPE 5-6 65 min	Rest -	Easy ride + 2x10min @ RPE 5-6 65 min	Rest -	Long easy 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 -	Easy ride + 3x10min @ RPE 5-6 70 min	Rest -	Easy ride + 2x10min @ RPE 5-6 65 min	Rest -	Long easy ride @ RPE 3-4 2h 45min	Recovery spin @ RPE 2 30 min

TAPER

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

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