

16-Week Advanced Road Cycling Training Plan for 100 Miles

16 weeks - 6 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM

Power zones (% FTP) + HR zones (% max HR)

WEEKLY HOURS

12h

RIDES / WEEK

6

PLAN OVERVIEW

Base

Weeks 1-4 · 10-12h/week

Establish a high-volume aerobic foundation with progressive long rides and tempo blocks. Zone 2 volume builds to 12+ hours per week while tempo work raises your aerobic ceiling. This phase sets the platform for the high-intensity work ahead.

Build

Weeks 5-11 · 12-15h/week

The core of the plan. Sweet spot intervals extend to 4x20 minutes, threshold blocks reach 2x30 minutes, and VO2max sessions sharpen top-end power. Long rides grow to 5+ hours with race-pace sections. A recovery week at week 8 allows full absorption before the final build push.

Peak

Weeks 12-14 · 11-14h/week

Race-specific preparation with century simulations, pace rehearsals, and VO2max sharpening. Volume holds steady but session quality is paramount. Your longest ride approaches or matches target distance at race intensity.

Taper

Weeks 15-16 · 5-7h/week

Volume drops by 50% while two short, sharp sessions per week maintain top-end fitness. Focus shifts to sleep, nutrition rehearsal, equipment preparation, and mental readiness. You should feel restless and eager by race day.

BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Endurance + 3x12min tempo @ 76-90% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance @ 56-75% FTP / 60-70% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 60 min
Week 2	Rest -	Endurance + 3x12min tempo @ 76-90% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Endurance + 3x15min tempo @ 76-90% FTP / 71-80% HR 95 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance @ 56-75% FTP / 60-70% HR 3h 15min	Recovery @ 0-55% FTP / 0-59% HR 60 min
Week 3	Rest -	Endurance + 3x15min tempo @ 76-90% FTP / 71-80% HR 95 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance @ 56-75% FTP / 60-70% HR 3h 30min	Recovery @ 0-55% FTP / 0-59% HR 60 min
Week 4	Rest -	Endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Endurance + 2x20min tempo @ 76-90% FTP / 71-80% HR + tempo finish 95 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance + tempo finish 20min @ 76-90% FTP / 71-80% HR 3h 45min	Medium endurance @ 56-75% FTP / 60-70% HR 90 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Endurance + 4x4min VO2max @ 106-120% FTP / 91-100% HR, 4min recovery 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 95 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance @ 56-75% FTP / 60-70% HR 4h	Medium endurance @ 56-75% FTP / 60-70% HR 90 min
Week 6	Rest -	Endurance + 5x4min VO2max @ 106-120% FTP / 91-100% HR, 4min recovery 95 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 100 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance + century pace sections 3x15min @ 76-85% FTP / 71-80% HR 4h 15min	Medium endurance @ 56-75% FTP / 60-70% HR 90 min
Week 7	Rest -	Endurance + 5x4min VO2max @ 106-120% FTP / 91-100% HR, 3min recovery 95 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Endurance + 2x25min threshold @ 91-105% FTP / 81-90% HR 100 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance + century pace 4x15min @ 76-85% FTP / 71-80% HR 4h 30min	Medium endurance @ 56-75% FTP / 60-70% HR 90 min
Week 8	Rest -	Recovery week: easy endurance @ 56-75% FTP / 60-70% HR 60 min	Rest -	Endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Long endurance @ 56-75% FTP / 60-70% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 9	Rest -	Endurance + 5x4min VO2max @ 106-120% FTP / 91-100% HR, 3min recovery 95 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Endurance + 3x20min sweet spot @ 88-93% FTP / 71-80% HR 105 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance + century pace 4x20min @ 76-85% FTP / 71-80% HR 4h 30min	Medium endurance @ 56-75% FTP / 60-70% HR 90 min
Week 10	Rest -	Endurance + 6x4min VO2max @ 106-120% FTP / 91-100% HR, 3min recovery 100 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Endurance + 4x20min sweet spot @ 88-93% FTP / 71-80% HR 120 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance + race pace 3x20min @ 76-85% FTP / 71-80% HR 5h	Medium endurance @ 56-75% FTP / 60-70% HR 90 min
Week 11	Rest -	Endurance + 6x4min VO2max @ 106-120% FTP / 91-100% HR, 3min recovery 100 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Endurance + 2x30min threshold @ 91-105% FTP / 81-90% HR 110 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance + back-to-back century pace 2x30min @ 76-85% FTP / 71-80% HR 5h	Medium endurance @ 56-75% FTP / 60-70% HR 90 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Endurance + 5x4min VO2max @ 106-120% FTP / 91-100% HR, 3min recovery 95 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Race simulation: 2x40min @ century pace 76-85% FTP / 71-80% HR, 10min recovery 110 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance + race pace sections @ 76-85% FTP / 71-80% HR 5h 15min	Medium endurance @ 56-75% FTP / 60-70% HR 90 min
Week 13	Rest -	Endurance + 5x3min VO2max @ 106-120% FTP / 91-100% HR, 3min recovery 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 90 min	Race simulation: 2x40min @ century pace 76-85% FTP / 71-80% HR, 8min recovery 110 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Long endurance + final pace rehearsal 3x20min @ 76-85% FTP / 71-80% HR 4h 30min	Recovery @ 0-55% FTP / 0-59% HR 60 min
Week 14	Rest -	Endurance + 4x3min VO2max @ 106-120% FTP / 91-100% HR, 3min recovery 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 75 min	Endurance + 2x20min threshold @ 91-105% FTP / 81-90% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Long endurance + pace rehearsal 2x20min @ 76-85% FTP / 71-80% HR 3h 30min	Recovery @ 0-55% FTP / 0-59% HR 50 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 15	Rest -	Easy endurance + 3x5min sweet spot @ 88-93% FTP / 71-80% HR 60 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x10min threshold @ 91-105% FTP / 81-90% HR 70 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Long endurance @ 56-75% FTP / 60-70% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 16	Rest -	Easy endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 55 min	Rest -	Activation: 3x5min @ 91-105% FTP / 81-90% HR 50 min	Rest -	Century Ride Day 5-6h	Rest -

