

20-Week Advanced Road Cycling Training Plan for 100 miles

20 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 1-5 · 10-12h/week

Deep aerobic base period.

Build

Weeks 6-14 · 12-15h/week

Extended build with progressive overload.

Peak

Weeks 15-18 · 12-14h/week

Event-specific preparation.

Taper

Weeks 19-20 · 6-8h/week

Race preparation and volume reduction.

BASE

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------|------|--|---|---|---|---|---|
| Week 1 | Rest | Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 80 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 80 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 2.5h | Recovery @ 0-55% FTP / 0-59% HR 50 min |
| Week 2 | Rest | Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 80 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 80 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 2.8h | Recovery @ 0-55% FTP / 0-59% HR 50 min |
| Week 3 | Rest | Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 80 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 80 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 3.1h | Recovery @ 0-55% FTP / 0-59% HR 50 min |
| Week 4 | Rest | Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 80 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 80 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 3.4h | Recovery @ 0-55% FTP / 0-59% HR 50 min |
| Week 5 | Rest | Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 80 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 80 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 3.7h | Recovery @ 0-55% FTP / 0-59% HR 50 min |

BUILD

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|--------|---|---|---|---|---|---|
| Week 6 | Rest - | Endurance + 3x17min sweet spot @ 88-93% FTP / 71-80% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x21min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 3.8h | Recovery @ 0-55% FTP / 0-59% HR 55 min |
| Week 7 | Rest - | Endurance + 3x18min sweet spot @ 88-93% FTP / 71-80% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x21min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 3.9h | Recovery @ 0-55% FTP / 0-59% HR 55 min |
| Week 8 | Rest - | Endurance + 3x18min sweet spot @ 88-93% FTP / 71-80% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x22min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 4.0h | Recovery @ 0-55% FTP / 0-59% HR 55 min |
| Week 9 | Rest - | Endurance + 3x19min sweet spot @ 88-93% FTP / 71-80% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x22min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 4.2h | Recovery @ 0-55% FTP / 0-59% HR 55 min |
| Week 10 | Rest - | Endurance + 3x19min sweet spot @ 88-93% FTP / 71-80% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x22min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 4.3h | Recovery @ 0-55% FTP / 0-59% HR 55 min |
| Week 11 | Rest - | Endurance + 3x20min sweet spot @ 88-93% FTP / 71-80% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x23min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 4.5h | Recovery @ 0-55% FTP / 0-59% HR 55 min |
| Week 12 | Rest - | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Rest - | Endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 70 min | Rest - | Long endurance @ 56-75% FTP / 60-70% HR 3h | Recovery @ 0-55% FTP / 0-59% HR 40 min |
| Week 13 | Rest - | Endurance + 3x21min sweet spot @ 88-93% FTP / 71-80% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x23min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 4.8h | Recovery @ 0-55% FTP / 0-59% HR 55 min |
| Week 14 | Rest - | Endurance + 3x21min sweet spot @ 88-93% FTP / 71-80% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x23min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 5.0h | Recovery @ 0-55% FTP / 0-59% HR 55 min |

PEAK

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|--------|---|---|---|---|--|---|
| Week 15 | Rest - | Endurance + 3x22min sweet spot @ 88-93% FTP / 71-80% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x24min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 5.1h | Recovery @ 0-55% FTP / 0-59% HR 55 min |
| Week 16 | Rest - | Endurance + 3x22min sweet spot @ 88-93% FTP / 71-80% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x24min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance @ 56-75% FTP / 60-70% HR 5.2h | Recovery @ 0-55% FTP / 0-59% HR 55 min |
| Week 17 | Rest - | VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x25min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance + race pace @ 76-85% FTP / 71-80% HR @ 56-75% FTP / 60-70% HR 6h | Recovery @ 0-55% FTP / 0-59% HR 55 min |
| Week 18 | Rest - | VO2max 5x4min @ 106-120% FTP / 91-100% HR 85 min | Easy endurance @ 56-75% FTP / 60-70% HR 60 min | Endurance + 2x25min threshold @ 91-105% FTP / 81-90% HR 90 min | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Long endurance + race pace @ 76-85% FTP / 71-80% HR @ 56-75% FTP / 60-70% HR 6h | Recovery @ 0-55% FTP / 0-59% HR 55 min |

TAPER

| Week | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---------|-----------|---|---|---|---|---|---|
| Week 19 | Rest - | Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 80 min | Easy endurance @ 56-75% FTP / 60-70% HR 50 min | Endurance + 2x12min sweet spot @ 88-93% FTP / 71-80% HR 75 min | Easy endurance @ 56-75% FTP / 60-70% HR 50 min | Long endurance + pace rehearsal @ 76-85% FTP / 71-80% HR @ 56-75% FTP / 60-70% HR 3h 30min | Recovery @ 0-55% FTP / 0-59% HR 45 min |
| Week 20 | Rest - | Easy endurance @ 56-75% FTP / 60-70% HR 55 min | Rest - | Activation: 2x5min @ 91-105% FTP / 81-90% HR 45 min | Rest - | 100-Mile Ride Day 5-7h | Rest - |