

12-Week Intermediate Gravel Training Plan for 200 Miles

12 weeks - 5-6 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM

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

WEEKLY HOURS

8-12h

RIDES / WEEK

5-6

PLAN OVERVIEW

Base

Weeks 1-3 · 8-10h/week

Rebuild aerobic endurance on mixed surfaces with long Zone 2 gravel rides. Introduce tempo blocks on dirt roads and practice self-supported nutrition on every ride over 2 hours.

Build

Weeks 4-9 · 10-12h/week

Extend long rides to 5+ hours on gravel. Add sweet spot and threshold intervals on mixed terrain. Practice race-day nutrition at 60-90g carbs per hour. Back-to-back weekend rides simulate ultra-distance fatigue.

Peak

Weeks 10-11 · 10-12h/week

Highest quality sessions with ultra gravel simulations on mixed surface. Volume begins to taper but long ride reaches maximum duration. Practice full self-supported fueling and gear setup.

Taper

Weeks 12 · 5-6h/week

Reduce volume by 40-50% while keeping two short, sharp sessions. Focus on sleep, nutrition prep, bike maintenance, and gear checks. You should feel restless by race day.

BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	Gravel endurance + 3x8min tempo @ 76-90% FTP / 71-80% HR on dirt road 80 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR on mixed surface 80 min	Rest	Long gravel ride @ 56-75% FTP / 60-70% HR, mixed terrain 3h	Recovery spin @ 0-55% FTP / 0-59% HR 45 min
Week 2	Rest	Gravel endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 85 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x12min tempo @ 76-90% FTP / 71-80% HR on gravel climb 85 min	Rest	Long gravel ride @ 56-75% FTP / 60-70% HR, practice eating 60g carbs/hr 3h 30min	Recovery spin @ 0-55% FTP / 0-59% HR 50 min
Week 3	Rest	Gravel endurance + 3x12min tempo @ 76-90% FTP / 71-80% HR 90 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x15min tempo @ 76-90% FTP / 71-80% HR on mixed surface 90 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride @ 56-75% FTP / 60-70% HR, self-supported nutrition practice 3h 45min	Recovery spin @ 0-55% FTP / 0-59% HR 50 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 4	Rest -	Gravel endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR on dirt road 90 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x12min threshold @ 91-105% FTP / 81-90% HR on gravel climb 85 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride @ 56-75% FTP / 60-70% HR with tempo finish @ 76-90% FTP / 71-80% HR 4h	Recovery spin @ 0-55% FTP / 0-59% HR 50 min
Week 5	Rest -	Gravel endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 95 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 90 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride @ 56-75% FTP / 60-70% HR, 60-90g carbs/hr practice 4h 30min	Recovery spin @ 0-55% FTP / 0-59% HR 50 min
Week 6	Rest -	Gravel endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR on mixed surface 95 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x20min threshold @ 91-105% FTP / 81-90% HR 95 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride with race pace sections @ 76-85% FTP / 71-80% HR 5h	Recovery spin @ 0-55% FTP / 0-59% HR 55 min
Week 7	Rest -	Recovery week: easy gravel endurance @ 56-75% FTP / 60-70% HR 60 min	Rest -	Gravel endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 70 min	Rest -	Long gravel ride @ 56-75% FTP / 60-70% HR 3h	Recovery spin @ 0-55% FTP / 0-59% HR 40 min
Week 8	Rest -	Gravel endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 95 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x20min threshold @ 91-105% FTP / 81-90% HR on gravel climb 95 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride with race pace sections @ 76-85% FTP / 71-80% HR, 60-90g carbs/hr 5h 30min	Recovery spin @ 0-55% FTP / 0-59% HR 55 min
Week 9	Rest -	Gravel endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 95 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel race simulation: 2x30min @ 76-85% FTP / 71-80% HR on mixed surface 100 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride with race nutrition rehearsal @ 56-75% FTP / 60-70% HR 5h 30min	Recovery spin @ 0-55% FTP / 0-59% HR 55 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	Gravel ultra simulation: 3x20min @ 76-85% FTP / 71-80% HR on mixed surface 100 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride, full race simulation @ 56-75% FTP / 60-70% HR with race nutrition 6h	Recovery spin @ 0-55% FTP / 0-59% HR 55 min
Week 11	Rest -	Gravel endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 80 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 50 min	Gravel endurance + 2x10min sweet spot @ 88-93% FTP / 71-80% HR 75 min	Rest -	Long gravel ride with pace rehearsal @ 76-85% FTP / 71-80% HR 4h	Recovery spin @ 0-55% FTP / 0-59% HR 45 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Easy gravel endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 55 min	Rest -	Activation: 2x5min @ 91-105% FTP / 81-90% HR on gravel 45 min	Rest -	200-Mile Gravel Race Day 12-16h	Rest -