

12-Week Intermediate Gravel Training Plan for 50 Miles

12 weeks - 5 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM

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

WEEKLY HOURS

6-10h

RIDES / WEEK

5

PLAN OVERVIEW

Base

Weeks 1-4 · 6-7h/week

Rebuild and solidify your aerobic base with sustained Zone 2 gravel efforts. Long rides grow progressively on mixed surfaces, and weekday rides introduce tempo blocks to raise your aerobic ceiling.

Build

Weeks 5-9 · 7-9h/week

Introduce sweet spot and threshold intervals with gravel climb repeats to raise FTP. Long rides extend to 3+ hours with sections at gravel race pace. Mixed-surface sessions simulate the variable effort demands of gravel events.

Peak

Weeks 10-11 · 8-9h/week

Highest quality sessions with gravel race simulations and pacing rehearsals. Volume begins to taper but intensity stays high. Your longest ride approaches target distance.

Taper

Weeks 12 · 4-5h/week

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

BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest	Gravel endurance + 3x8min mixed-surface tempo @ 76-90% FTP / 71-80% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 75 min	Rest	Long gravel endurance @ 56-75% FTP / 60-70% HR 2h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 2	Rest	Gravel endurance + 3x10min mixed-surface tempo @ 76-90% FTP / 71-80% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x12min tempo @ 76-90% FTP / 71-80% HR 80 min	Rest	Long gravel endurance @ 56-75% FTP / 60-70% HR 2h 15min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 3	Rest	Gravel endurance + 3x10min mixed-surface tempo @ 76-90% FTP / 71-80% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x15min tempo @ 76-90% FTP / 71-80% HR 85 min	Rest	Long gravel endurance @ 56-75% FTP / 60-70% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 4	Rest	Gravel endurance + 2x15min tempo @ 76-90% FTP / 71-80% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x12min sweet spot @ 88-93% FTP / 71-80% HR 80 min	Rest	Long gravel endurance @ 56-75% FTP / 60-70% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 50 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Gravel endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel climb repeats: 3x8min @ 91-105% FTP / 81-90% HR 80 min	Rest -	Long gravel endurance @ 56-75% FTP / 60-70% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 6	Rest -	Gravel endurance + 3x12min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel climb repeats: 3x10min @ 91-105% FTP / 81-90% HR 85 min	Rest -	Long gravel endurance + race pace sections @ 76-85% FTP / 71-80% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 7	Rest -	Gravel endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel climb repeats: 2x15min @ 91-105% FTP / 81-90% HR 85 min	Rest -	Long gravel endurance + mixed-surface tempo @ 76-90% FTP / 71-80% HR 3h 15min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 8	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 endurance @ 56-75% FTP / 60-70% HR 2h 15min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 9	Rest -	Gravel endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel climb repeats: 2x20min @ 91-105% FTP / 81-90% HR 90 min	Rest -	Long gravel endurance + race pace @ 76-85% FTP / 71-80% HR 3h 30min	Recovery @ 0-55% FTP / 0-59% HR 55 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	Gravel endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel race simulation: 2x25min @ 76-85% FTP / 71-80% HR 90 min	Rest -	Long gravel endurance + pace rehearsal @ 76-85% FTP / 71-80% HR 3h 30min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 11	Rest -	Gravel endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 80 min	Easy 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 endurance + pace rehearsal @ 76-85% FTP / 71-80% HR 3h	Recovery @ 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 45 min	Rest -	Gravel Race Day: 50 Miles 3-4h	Rest -