

# 12-Week Intermediate Road Cycling Training Plan for 100 Miles

12 weeks - 5 rides/week - RPE-based



## THIS PLAN ASSUMES

### EFFORT SYSTEM

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

### WEEKLY HOURS

8h

### RIDES / WEEK

5

## PLAN OVERVIEW

### Base

Weeks 1-4 · 6-8h/week

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

### Build

Weeks 5-9 · 8-10h/week

Introduce sweet spot and threshold intervals to raise FTP. Long rides extend to 4+ hours with sections at century pace. Back-to-back weekend rides simulate race-week fatigue.

### Peak

Weeks 10-11 · 8-9h/week

Highest quality sessions with 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, and equipment checks. You should feel restless by race day.

## BASE

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

## BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 85 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 3h 30min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 6	Rest -	Endurance + 3x12min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x20min threshold @ 91-105% FTP / 81-90% HR 90 min	Rest -	Long endurance + century pace sections @ 76-85% FTP / 71-80% HR 3h 45min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 7	Rest -	Endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x20min threshold @ 91-105% FTP / 81-90% HR 90 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 4h	Recovery @ 0-55% FTP / 0-59% HR 55 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 70 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 9	Rest -	Endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x20min threshold @ 91-105% FTP / 81-90% HR 90 min	Rest -	Long endurance + century pace @ 76-85% FTP / 71-80% HR 4h 15min	Recovery @ 0-55% FTP / 0-59% HR 55 min

## PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	Endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Race simulation: 2x30min @ 76-85% FTP / 71-80% HR 90 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 4h 30min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 11	Rest -	Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Endurance + 2x10min sweet spot @ 88-93% FTP / 71-80% HR 75 min	Rest -	Long endurance + pace rehearsal @ 76-85% FTP / 71-80% HR 3h 30min	Recovery @ 0-55% FTP / 0-59% HR 45 min

## TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Easy endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 55 min	Rest -	Activation: 2x5min @ 91-105% FTP / 81-90% HR 45 min	Rest -	Century Ride Day 5-7h	Rest -