

12-Week Intermediate Road Cycling 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

7h

RIDES / WEEK

5

PLAN OVERVIEW

Base

Weeks 1-4 · 5-7h/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 · 7-9h/week

Introduce sweet spot and threshold intervals to raise FTP. Long rides extend to 3 hours with sections at target pace. A recovery week at week 8 lets your body absorb the training load.

Peak

Weeks 10-11 · 7-8h/week

Highest quality sessions with race simulations and pacing rehearsals. Volume begins to taper but intensity stays high. Your longest ride includes a full pacing rehearsal.

Taper

Weeks 12 · 3-4h/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 ride day.

BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Endurance + 3x8min tempo @ 76-90% FTP / 71-80% HR 65 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 65 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 1h 45min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 2	Rest -	Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 70 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 70 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 3	Rest -	Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 70 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Endurance + 2x12min tempo @ 76-90% FTP / 71-80% HR 75 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h 15min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 4	Rest -	Endurance + 2x12min tempo @ 76-90% FTP / 71-80% HR 70 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Endurance + 2x10min sweet spot @ 88-93% FTP / 71-80% HR 70 min	Rest -	Long endurance + tempo finish @ 76-90% FTP / 71-80% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 45 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 5	Rest -	Endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x12min threshold @ 91-105% FTP / 81-90% HR 80 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 6	Rest -	Endurance + 3x12min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 85 min	Rest -	Long endurance + 50-mile pace sections @ 76-85% FTP / 71-80% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 7	Rest -	Endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 85 min	Rest -	Long endurance + 50-mile pace @ 76-85% FTP / 71-80% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 8	Rest -	Recovery week: easy endurance @ 56-75% FTP / 60-70% HR 50 min	Rest -	Endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 60 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h	Recovery @ 0-55% FTP / 0-59% HR 35 min
Week 9	Rest -	Endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x20min threshold @ 91-105% FTP / 81-90% HR 90 min	Rest -	Long endurance + pace sections @ 76-85% FTP / 71-80% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 45 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 10	Rest -	Endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Race simulation: 2x20min @ 76-85% FTP / 71-80% HR 80 min	Rest -	Long endurance + full pace rehearsal @ 76-85% FTP / 71-80% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 11	Rest -	Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 45 min	Endurance + 2x10min sweet spot @ 88-93% FTP / 71-80% HR 70 min	Rest -	Long endurance + pace rehearsal @ 76-85% FTP / 71-80% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 40 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 12	Rest -	Easy endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 50 min	Rest -	Activation: 2x5min @ 91-105% FTP / 81-90% HR 40 min	Rest -	50-Mile Ride Day 2h 30min-3h 30min	Rest -