

16-Week Intermediate Gravel Training Plan for 100 Miles

16 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 1-5 · 6-8h/week

Extended aerobic base building with sustained Zone 2 gravel efforts. Long rides grow from 2 hours to 3 hours. Weekday rides progress from tempo to sweet spot. The extra weeks allow for a slower ramp and more confidence building on mixed surfaces.

Build

Weeks 6-12 · 8-10h/week

Introduce threshold intervals with gravel climb repeats to raise FTP. Long rides extend to 4.5+ hours with sections at gravel century pace. Includes a recovery week at week 10 to absorb accumulated training. Back-to-back long weeks simulate race fatigue.

Peak

Weeks 13-14 · 9-10h/week

Highest quality sessions with gravel century simulations and pacing rehearsals. Volume begins to taper but intensity stays high. Your longest ride reaches 5 hours.

Taper

Weeks 15-16 · 4-6h/week

Two-week taper with progressive volume reduction. First week cuts volume by 30%, second week cuts by 50%. Focus on sleep, nutrition prep, tire setup, and equipment checks.

BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Gravel endurance + 3x6min mixed-surface tempo @ 76-90% FTP / 71-80% HR 70 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Gravel endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 70 min	Rest -	Long gravel endurance @ 56-75% FTP / 60-70% HR 2h	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 2	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 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 + 2x12min tempo @ 76-90% FTP / 71-80% HR 80 min	Rest -	Long gravel endurance @ 56-75% FTP / 60-70% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 4	Rest -	Gravel endurance + 3x12min mixed-surface tempo @ 76-90% FTP / 71-80% HR 85 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
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 endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Rest -	Long gravel endurance + tempo finish @ 76-90% FTP / 71-80% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 50 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 6	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 + century pace sections @ 76-85% FTP / 71-80% HR 3h 15min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 7	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 + century pace @ 76-85% FTP / 71-80% HR 3h 30min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 8	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 + century pace @ 76-85% FTP / 71-80% HR 3h 45min	Recovery @ 0-55% FTP / 0-59% HR 55 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 + century pace @ 76-85% FTP / 71-80% HR 4h	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 10	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 30min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 11	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 + century pace @ 76-85% FTP / 71-80% HR 4h 15min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 12	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 climb repeats: 2x20min @ 91-105% FTP / 81-90% HR 90 min	Rest -	Long gravel endurance + century pace @ 76-85% FTP / 71-80% HR 4h 30min	Recovery @ 0-55% FTP / 0-59% HR 55 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 13	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 century simulation: 2x30min @ 76-85% FTP / 71-80% HR 90 min	Rest -	Long gravel endurance + century pace rehearsal @ 76-85% FTP / 71-80% HR 5h	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 14	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 30min	Recovery @ 0-55% FTP / 0-59% HR 45 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 15	Rest -	Easy gravel endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 60 min	Easy endurance @ 56-75% FTP / 60-70% HR 45 min	Gravel endurance + 2x8min sweet spot @ 88-93% FTP / 71-80% HR 60 min	Rest -	Long gravel endurance @ 56-75% FTP / 60-70% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 16	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 Century Day: 100 Miles 6-8h	Rest -