

# 16-Week Intermediate Gravel Training Plan for 200 Miles

16 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 1-5 · 8-10h/week

Build deep aerobic endurance on mixed surfaces with progressive Zone 2 gravel rides. Introduce tempo blocks on dirt roads and practice self-supported nutrition. The extra base weeks create a stronger aerobic foundation for the demanding build phase ahead.

### Build

Weeks 6-12 · 10-12h/week

Extend long rides to 5-6 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. Includes a recovery week at week 9.

### Peak

Weeks 13-14 · 10-12h/week

Highest quality sessions with ultra gravel simulations. Volume begins to taper but long ride reaches maximum duration. Full dress rehearsal with race nutrition and gear.

### Taper

Weeks 15-16 · 4-7h/week

Gradual volume reduction over two weeks. Week 15 cuts volume by 30% with quality sessions. Week 16 is race week with two short rides and full rest before the event.

## 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 75 min	Rest -	Long gravel ride @ 56-75% FTP / 60-70% HR 2h 45min	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 80 min	Rest -	Long gravel ride @ 56-75% FTP / 60-70% HR, practice eating 60g carbs/hr 3h	Recovery spin @ 0-55% FTP / 0-59% HR 45 min
Week 3	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 + 2x15min tempo @ 76-90% FTP / 71-80% HR on mixed surface 85 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride @ 56-75% FTP / 60-70% HR 3h 15min	Recovery spin @ 0-55% FTP / 0-59% HR 50 min
Week 4	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 gravel climb 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 30min	Recovery spin @ 0-55% FTP / 0-59% HR 50 min
Week 5	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 with gravel surges 90 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride @ 56-75% FTP / 60-70% HR 3h 45min	Recovery spin @ 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 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 with tempo finish @ 76-90% FTP / 71-80% HR 4h	Recovery spin @ 0-55% FTP / 0-59% HR 50 min
Week 7	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 4h 30min	Recovery spin @ 0-55% FTP / 0-59% HR 55 min
Week 8	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 9	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 10	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 5h 15min	Recovery spin @ 0-55% FTP / 0-59% HR 55 min
Week 11	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 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 nutrition rehearsal, 60-90g carbs/hr @ 56-75% FTP / 60-70% HR 5h 30min	Recovery spin @ 0-55% FTP / 0-59% HR 55 min
Week 12	Rest -	Gravel race simulation: 2x30min @ 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 with full race simulation @ 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 13	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 threshold @ 91-105% FTP / 81-90% HR 85 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride, full dress rehearsal with race nutrition and gear @ 56-75% FTP / 60-70% HR 6h	Recovery spin @ 0-55% FTP / 0-59% HR 55 min
Week 14	Rest -	Gravel endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 50 min	Gravel endurance + 2x10min threshold @ 91-105% FTP / 81-90% HR 75 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride with pace rehearsal @ 76-85% FTP / 71-80% HR 4h 30min	Recovery spin @ 0-55% FTP / 0-59% HR 50 min

## TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 15	Rest -	Gravel endurance + 2x12min threshold @ 91-105% FTP / 81-90% HR 75 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 50 min	Gravel endurance + 2x8min sweet spot @ 88-93% FTP / 71-80% HR 65 min	Rest -	Long gravel ride with pace rehearsal @ 76-85% FTP / 71-80% HR 3h 30min	Recovery spin @ 0-55% FTP / 0-59% HR 45 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 on gravel 45 min	Rest -	200-Mile Gravel Race Day 12-16h	Rest -