

16-Week Intermediate Road Cycling 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

8h

RIDES / WEEK

5

PLAN OVERVIEW

Base

Weeks 1-5 · 6-8h/week

Build a deep aerobic foundation with sustained Zone 2 efforts and progressive tempo blocks. Long rides grow from 2h to 3h. The extended base phase develops the endurance platform that supports all later intensity work.

Build

Weeks 6-12 · 8-10h/week

Introduce sweet spot and threshold intervals to raise FTP. Long rides extend to 4.5 hours with century pace sections. A recovery week at week 9 lets your body absorb the training load before the final build push.

Peak

Weeks 13-14 · 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 with full pacing rehearsal.

Taper

Weeks 15-16 · 4-6h/week

Two-week taper with gradually decreasing volume. Week 15 reduces by 30% with some intensity. Week 16 is race week with minimal volume. You should feel restless and eager by race day.

BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Endurance + 3x8min tempo @ 76-90% FTP / 71-80% HR 70 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 65 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 2	Rest -	Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 70 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h 15min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 3	Rest -	Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x12min 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 4	Rest -	Endurance + 2x15min tempo @ 76-90% FTP / 71-80% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x15min tempo @ 76-90% FTP / 71-80% HR 75 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 5	Rest -	Endurance + 2x15min tempo @ 76-90% FTP / 71-80% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Endurance + 2x12min sweet spot @ 88-93% FTP / 71-80% HR 75 min	Rest -	Long 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 -	Endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x12min threshold @ 91-105% FTP / 81-90% HR 80 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 3h 15min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 7	Rest -	Endurance + 3x12min 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 8	Rest -	Endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 90 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 + century pace sections @ 76-85% FTP / 71-80% HR 3h 30min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 9	Rest -	Recovery week: easy endurance @ 56-75% FTP / 60-70% HR 55 min	Rest -	Endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 65 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 10	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 sections @ 76-85% FTP / 71-80% HR 3h 45min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 11	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	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 12	Rest -	Endurance + 2x20min 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 4h 15min	Recovery @ 0-55% FTP / 0-59% HR 55 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 13	Rest -	Endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Race simulation: 2x30min @ 76-85% FTP / 71-80% HR 90 min	Rest -	Long endurance + century pace rehearsal @ 76-85% FTP / 71-80% HR 4h 30min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 14	Rest -	Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Endurance + 2x12min 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 50 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 15	Rest -	Endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 65 min	Easy endurance @ 56-75% FTP / 60-70% HR 45 min	Endurance + 2x10min sweet spot @ 88-93% FTP / 71-80% HR 65 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 16	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 -