

16-Week Intermediate Road Cycling Training Plan for 200 Miles

16 weeks - 5 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM

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

WEEKLY HOURS

10h

RIDES / WEEK

5

PLAN OVERVIEW

Base

Weeks 1-5 · 6-9h/week

Extended base building with gradual volume increase. Long rides grow to 3.5 hours.

Build

Weeks 6-12 · 9-13h/week

Sweet spot and threshold progression. Long rides reach 5 hours. Back-to-back weekends introduced.

Peak

Weeks 13-14 · 10-12h/week

Race-specific preparation with ultra-pace rehearsals and nutrition testing.

Taper

Weeks 15-16 · 5-7h/week

Progressive volume reduction while maintaining intensity. Race day preparation.

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 50 min
Week 2	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 50 min
Week 3	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 3h 30min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 4	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 4h 30min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 5	Rest -	Endurance + 3x14min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x17min threshold @ 91-105% FTP / 81-90% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Long endurance @ 56-75% FTP / 60-70% HR 4.1h	Recovery @ 0-55% FTP / 0-59% HR 55 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 6	Rest -	Endurance + 3x14min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x17min threshold @ 91-105% FTP / 81-90% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Long endurance @ 56-75% FTP / 60-70% HR 4.2h	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 7	Rest -	Endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x18min threshold @ 91-105% FTP / 81-90% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Long endurance @ 56-75% FTP / 60-70% HR 4.4h	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 8	Rest -	Endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x18min threshold @ 91-105% FTP / 81-90% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Long endurance @ 56-75% FTP / 60-70% HR 4.5h	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 9	Rest -	Endurance + 3x16min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x19min threshold @ 91-105% FTP / 81-90% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Long endurance @ 56-75% FTP / 60-70% HR 4.7h	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 10	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Rest -	Endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 65 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 11	Rest -	Endurance + 3x17min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x20min threshold @ 91-105% FTP / 81-90% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Long endurance @ 56-75% FTP / 60-70% HR 5.0h	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 12	Rest -	Endurance + 3x17min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x20min threshold @ 91-105% FTP / 81-90% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Long endurance @ 56-75% FTP / 60-70% HR 5.2h	Recovery @ 0-55% FTP / 0-59% HR 55 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 13	Rest -	Endurance + 3x18min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x21min threshold @ 91-105% FTP / 81-90% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Long endurance @ 56-75% FTP / 60-70% HR 5.3h	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 14	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	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Long endurance + century pace sections @ 76-85% FTP / 71-80% HR 6h	Recovery @ 0-55% FTP / 0-59% HR 55 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 15	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 sections @ 76-85% FTP / 71-80% HR 4h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 16	Rest -	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Rest -	Activation: 2x5min @ 91-105% FTP / 81-90% HR 45 min	Rest -	200-Mile Ride Day 10-14h	Rest -