

16-Week Intermediate Road Cycling Training Plan for 50 Miles

16 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 1-5 · 5-7h/week

Build a deep aerobic foundation with sustained Zone 2 efforts. Long rides grow progressively and weekday rides introduce tempo blocks. The extended base phase develops the endurance platform that supports all later intensity.

Build

Weeks 6-12 · 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 9 lets your body absorb the training load before the final build push.

Peak

Weeks 13-14 · 7-8h/week

Highest quality sessions with race simulations and pacing rehearsals. Volume begins to taper but intensity stays high. Your final long rides include full pacing rehearsals.

Taper

Weeks 15-16 · 3-5h/week

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

BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Endurance + 3x6min tempo @ 76-90% FTP / 71-80% HR 60 min	Easy endurance @ 56-75% FTP / 60-70% HR 45 min	Endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 60 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 1h 30min	Recovery @ 0-55% FTP / 0-59% HR 35 min
Week 2	Rest -	Endurance + 3x8min tempo @ 76-90% FTP / 71-80% HR 65 min	Easy endurance @ 56-75% FTP / 60-70% HR 45 min	Endurance + 2x10min 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 35 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 + 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 4	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 70 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h 15min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 5	Rest -	Endurance + 2x12min tempo @ 76-90% FTP / 71-80% HR 65 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 15min	Recovery @ 0-55% FTP / 0-59% HR 40 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 6	Rest -	Endurance + 2x12min sweet spot @ 88-93% FTP / 71-80% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Endurance + 2x10min threshold @ 91-105% FTP / 81-90% HR 75 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 7	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 8	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 9	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 10	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 sections @ 76-85% FTP / 71-80% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 11	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 + 50-mile pace @ 76-85% FTP / 71-80% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 12	Rest -	Endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 85 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 rehearsal @ 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 13	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 14	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 15	Rest -	Endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 60 min	Easy endurance @ 56-75% FTP / 60-70% HR 40 min	Endurance + 2x8min sweet spot @ 88-93% FTP / 71-80% HR 55 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h	Recovery @ 0-55% FTP / 0-59% HR 35 min
Week 16	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 -