

# 20-Week Intermediate Gravel Training Plan for 200 Miles

20 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 1-6 · 7-10h/week

The longest base phase builds deep aerobic endurance on mixed surfaces. Progressive Zone 2 gravel rides grow from 2.5 to 4 hours. Tempo blocks develop on dirt roads. Self-supported nutrition habits are established early. This extended base creates the strongest possible foundation.

### Build

Weeks 7-15 · 10-12h/week

Nine weeks of progressive intensity with sweet spot, threshold, and race-pace sessions on gravel. Long rides extend to 5-6 hours. Two recovery weeks (weeks 10 and 14) allow absorption. Race nutrition at 60-90g carbs per hour becomes automatic.

### Peak

Weeks 16-18 · 9-12h/week

Three weeks of highest quality sessions. Ultra gravel simulations on mixed surface. Longest ride of the plan. Full dress rehearsal with race nutrition and gear. Volume tapers slightly while intensity remains.

### Taper

Weeks 19-20 · 4-7h/week

Two-week taper with progressive volume reduction. Week 19 cuts volume by 30% with quality sessions. Week 20 is race week with two short rides and full rest.

## BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Gravel endurance + 3x8min tempo @ 76-90% FTP / 71-80% HR 75 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 70 min	Rest -	Long gravel ride @ 56-75% FTP / 60-70% HR 2h 30min	Recovery spin @ 0-55% FTP / 0-59% HR 40 min
Week 2	Rest -	Gravel endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 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 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 + 2x12min tempo @ 76-90% FTP / 71-80% HR on gravel climb 80 min	Easy spin @ 56-75% FTP / 60-70% HR 40 min	Long gravel ride @ 56-75% FTP / 60-70% HR 3h	Recovery spin @ 0-55% FTP / 0-59% HR 45 min
Week 4	Rest -	Gravel endurance + 3x12min 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 mixed surface 85 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride @ 56-75% FTP / 60-70% HR, practice eating 60g carbs/hr 3h 15min	Recovery spin @ 0-55% FTP / 0-59% HR 45 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 85 min	Easy spin @ 56-75% FTP / 60-70% HR 45 min	Long gravel ride @ 56-75% FTP / 60-70% HR, self-supported nutrition 3h 30min	Recovery spin @ 0-55% FTP / 0-59% HR 50 min
Week 6	Rest -	Gravel endurance + 3x15min 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 3h 45min	Recovery spin @ 0-55% FTP / 0-59% HR 50 min

**BUILD**

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 7	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 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 8	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 on gravel climb 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 9	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 4h 45min	Recovery spin @ 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 ride @ 56-75% FTP / 60-70% HR 3h	Recovery spin @ 0-55% FTP / 0-59% HR 40 min
Week 11	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 @ 76-85% FTP / 71-80% HR 5h	Recovery spin @ 0-55% FTP / 0-59% HR 55 min
Week 12	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 @ 56-75% FTP / 60-70% HR, 60-90g carbs/hr 5h 15min	Recovery spin @ 0-55% FTP / 0-59% HR 55 min
Week 13	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
Week 14	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 15	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 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 30min	Recovery spin @ 0-55% FTP / 0-59% HR 55 min

## PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 16	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 17	Rest -	Gravel endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy gravel endurance @ 56-75% FTP / 60-70% HR 55 min	Gravel endurance + 2x12min threshold @ 91-105% FTP / 81-90% HR 80 min	Easy spin @ 56-75% FTP / 60-70% HR 40 min	Long gravel ride with pace rehearsal @ 76-85% FTP / 71-80% HR 5h	Recovery spin @ 0-55% FTP / 0-59% HR 50 min
Week 18	Rest -	Gravel endurance + 2x12min sweet spot @ 88-93% FTP / 71-80% HR 80 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 40 min	Long gravel ride with pace rehearsal @ 76-85% FTP / 71-80% HR 4h	Recovery spin @ 0-55% FTP / 0-59% HR 45 min

## TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 19	Rest -	Gravel endurance + 2x10min threshold @ 91-105% FTP / 81-90% HR 70 min	Easy gravel 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 ride @ 56-75% FTP / 60-70% HR 3h	Recovery spin @ 0-55% FTP / 0-59% HR 40 min
Week 20	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 -