

8-Week Intermediate Gravel Training Plan for 100 Miles

8 weeks - 5 rides/week - RPE-based



THIS PLAN ASSUMES

EFFORT SYSTEM

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

WEEKLY HOURS

6-10h

RIDES / WEEK

5

PLAN OVERVIEW

Base

Weeks 1-2 · 7-8h/week

Solidify your aerobic base with sustained Zone 2 gravel efforts. Long rides start at 3 hours and weekday rides include tempo blocks to raise your aerobic ceiling quickly.

Build

Weeks 3-6 · 8-10h/week

Introduce sweet spot and threshold intervals with gravel climb repeats to raise FTP. Long rides extend to 4.5+ hours with sections at gravel century pace. Back-to-back weekend efforts simulate race-week fatigue.

Peak

Weeks 7 · 9-10h/week

Highest quality sessions with gravel century simulations and pacing rehearsals. Volume begins to taper but intensity stays high.

Taper

Weeks 8 · 4-5h/week

Reduce volume by 40-50% while keeping two short, sharp sessions. Focus on sleep, nutrition prep, tire setup, and equipment checks. You should feel restless by race day.

BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Gravel endurance + 3x10min mixed-surface tempo @ 76-90% FTP / 71-80% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x12min tempo @ 76-90% FTP / 71-80% HR 80 min	Rest -	Long gravel endurance @ 56-75% FTP / 60-70% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 2	Rest -	Gravel endurance + 3x12min mixed-surface tempo @ 76-90% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Rest -	Long gravel endurance @ 56-75% FTP / 60-70% HR 3h 15min	Recovery @ 0-55% FTP / 0-59% HR 50 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 3	Rest -	Gravel endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel climb repeats: 3x10min @ 91-105% FTP / 81-90% HR 85 min	Rest -	Long gravel endurance + century pace sections @ 76-85% FTP / 71-80% HR 3h 30min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 4	Rest -	Gravel endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel climb repeats: 2x15min @ 91-105% FTP / 81-90% HR 85 min	Rest -	Long gravel endurance + century pace @ 76-85% FTP / 71-80% HR 3h 45min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 5	Rest -	Gravel endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel climb repeats: 2x20min @ 91-105% FTP / 81-90% HR 90 min	Rest -	Long gravel endurance + century pace @ 76-85% FTP / 71-80% HR 4h	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 6	Rest -	Gravel endurance + 3x15min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel climb repeats: 2x20min @ 91-105% FTP / 81-90% HR 90 min	Rest -	Long gravel endurance + century pace @ 76-85% FTP / 71-80% HR 4h 30min	Recovery @ 0-55% FTP / 0-59% HR 55 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 7	Rest -	Gravel endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel century simulation: 2x30min @ 76-85% FTP / 71-80% HR 90 min	Rest -	Long gravel endurance + pace rehearsal @ 76-85% FTP / 71-80% HR 4h 30min	Recovery @ 0-55% FTP / 0-59% HR 55 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 8	Rest -	Easy gravel endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 55 min	Rest -	Activation: 2x5min @ 91-105% FTP / 81-90% HR 45 min	Rest -	Gravel Century Day: 100 Miles 6-8h	Rest -