

# 8-Week Intermediate Gravel Training Plan for 50 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 · 6-7h/week

Rebuild and solidify your aerobic base with sustained Zone 2 gravel efforts. Long rides grow progressively on mixed surfaces, and weekday rides introduce tempo blocks to raise your aerobic ceiling.

### Build

Weeks 3-6 · 7-9h/week

Introduce sweet spot and threshold intervals with gravel climb repeats to raise FTP. Long rides extend to 3+ hours with sections at gravel race pace. Mixed-surface sessions simulate the variable effort demands of gravel events.

### Peak

Weeks 7 · 8-9h/week

Highest quality sessions with gravel race simulations and pacing rehearsals. Volume begins to taper but intensity stays high. Your longest ride approaches target distance.

### 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 + 3x8min mixed-surface tempo @ 76-90% FTP / 71-80% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel endurance + 2x10min tempo @ 76-90% FTP / 71-80% HR 75 min	Rest -	Long gravel endurance @ 56-75% FTP / 60-70% HR 2h 15min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 2	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 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 45 min

## BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 3	Rest -	Gravel endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Gravel climb repeats: 3x8min @ 91-105% FTP / 81-90% HR 80 min	Rest -	Long gravel endurance @ 56-75% FTP / 60-70% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 4	Rest -	Gravel endurance + 3x12min 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 + race pace sections @ 76-85% FTP / 71-80% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 5	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 + mixed-surface tempo sections @ 76-90% FTP / 71-80% HR 3h 15min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 6	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 + race pace @ 76-85% FTP / 71-80% HR 3h 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 race simulation: 2x25min @ 76-85% FTP / 71-80% HR 90 min	Rest -	Long gravel 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 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 Race Day: 50 Miles 3-4h	Rest -