

8-Week Intermediate Road Cycling 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

8h

RIDES / WEEK

5

PLAN OVERVIEW

Base

Weeks 1-2 · 7-8h/week

Quick aerobic calibration with tempo and early sweet spot work. Long rides build to 3 hours quickly. This short base assumes you are already riding regularly.

Build

Weeks 3-6 · 8-10h/week

Aggressive introduction of sweet spot and threshold intervals. Long rides extend to 4+ hours with century pace sections. Back-to-back intensity days simulate race-week fatigue.

Peak

Weeks 7 · 9-10h/week

Highest quality session with a race simulation and the longest ride of the plan. Volume stays high but the focus is on pacing precision.

Taper

Weeks 8 · 4-5h/week

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

BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 80 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x12min tempo @ 76-90% FTP / 71-80% HR 80 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 2	Rest -	Endurance + 2x15min sweet spot @ 88-93% FTP / 71-80% HR 85 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x12min threshold @ 91-105% FTP / 81-90% HR 80 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 3h	Recovery @ 0-55% FTP / 0-59% HR 50 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 3	Rest -	Endurance + 3x12min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 60 min	Endurance + 2x15min threshold @ 91-105% FTP / 81-90% HR 85 min	Rest -	Long endurance + tempo finish @ 76-90% FTP / 71-80% HR 3h 15min	Recovery @ 0-55% FTP / 0-59% HR 50 min
Week 4	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	Rest -	Long endurance + century pace sections @ 76-85% FTP / 71-80% HR 3h 30min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 5	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	Rest -	Long endurance + century pace @ 76-85% FTP / 71-80% HR 3h 45min	Recovery @ 0-55% FTP / 0-59% HR 55 min
Week 6	Rest -	Endurance + 2x20min 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	Rest -	Long endurance + century pace sections @ 76-85% FTP / 71-80% HR 4h	Recovery @ 0-55% FTP / 0-59% HR 55 min

PEAK

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 7	Rest -	Endurance + 2x20min sweet spot @ 88-93% FTP / 71-80% HR 90 min	Easy endurance @ 56-75% FTP / 60-70% HR 55 min	Race simulation: 2x30min @ 76-85% FTP / 71-80% HR 90 min	Rest -	Long endurance + century 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 endurance + 2x8min tempo @ 76-90% FTP / 71-80% HR 55 min	Rest -	Activation: 2x5min @ 91-105% FTP / 81-90% HR 45 min	Rest -	Century Ride Day 5-7h	Rest -