

8-Week Intermediate Road Cycling 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

6h

RIDES / WEEK

5

PLAN OVERVIEW

Base

Weeks 1-2 · 5-6h/week

Establish your aerobic foundation with sustained Zone 2 efforts and introductory tempo blocks. Long rides build to 2 hours and weekday sessions develop your pacing discipline.

Build

Weeks 3-6 · 6-8h/week

Introduce sweet spot and threshold intervals to raise FTP. Long rides extend to 2.5-3 hours with sections at target pace. Midweek intensity increases progressively.

Peak

Weeks 7 · 7-8h/week

Highest quality sessions with a pacing rehearsal on the long ride. Volume stays moderate but intensity reaches its highest point of the plan.

Taper

Weeks 8 · 3-4h/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 ride day.

BASE

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest -	Endurance + 3x8min 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 1h 45min	Recovery @ 0-55% FTP / 0-59% HR 40 min
Week 2	Rest -	Endurance + 3x10min tempo @ 76-90% FTP / 71-80% HR 75 min	Easy endurance @ 56-75% FTP / 60-70% HR 50 min	Endurance + 2x12min tempo @ 76-90% FTP / 71-80% HR 75 min	Rest -	Long endurance @ 56-75% FTP / 60-70% HR 2h	Recovery @ 0-55% FTP / 0-59% HR 40 min

BUILD

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 3	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 15min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 4	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 + tempo finish @ 76-90% FTP / 71-80% HR 2h 30min	Recovery @ 0-55% FTP / 0-59% HR 45 min
Week 5	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 6	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 @ 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 7	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 + pace rehearsal @ 76-85% FTP / 71-80% HR 2h 45min	Recovery @ 0-55% FTP / 0-59% HR 45 min

TAPER

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 8	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 -