



# Training Plans 100K, 50K, 10-Mile

The enclosed plan provides a simple, flexible approach to training. The plan builds slowly and safely, with recovery weeks and taper, ensuring you are race ready. Here are a few tips to navigate the plan.

- ✓ Customize the plan to fit your life. Shorten weekday workouts or move workouts around as needed.
- ✓ Consistency always beats intensity. A week of easy workouts beats one day of a tough one!
- ✓ Start early! A base level of fitness makes for a more enjoyable, faster race day!
- ✓ Aerobic Endurance is the most important ability for a cyclist. Hold off on threshold or tempo riding until you are comfortable with the easy long ride.



Plans are courtesy of Coach Kari Stuart, Stuart Coaching.  
Reach out with any questions to [kari@stuartcoaching.com](mailto:kari@stuartcoaching.com)

The following training plans are designed for educational purposes only and is not a prescribed training plan for any particular individual. I am a certified endurance coach and have created this training plan with safety in mind, but you should understand that there is always the possibility of injury with physical activity. Participation in this training program is at your own risk. As a voluntary participant in these activities, you assume all risk of injury to yourself. You should consult your physician or other health care professional before starting this or any other fitness program.

# DETERMINING TRAINING ZONES

if you are following the 10-mile beginner plan, skip to the next page.

Training zones help the athlete train at an appropriate intensity. Zones are for power, heart rate or perceived exertion (RPE) based on equipment and preference. If you have a power meter, use Functional Threshold Power (FTP). If you have a heart rate monitor, use Lactate Threshold Heart Rate (LTHR). Here is a common 20-minute field test to determine FTP or LTHR:

The test can be performed on a trainer or outdoors. If outdoors, ride safely on an uninterrupted stretch of gravel road, free from stop signs/lights or longer descents. This needs to be a repeatable effort, as you should re-test every 6-8 weeks.

- **Warm-up 20 mins:** easy spin 10 mins, ride hard 5 mins, easy spin 5 mins. Hit the lap button before you start test.
- **Test 20 mins:** ride all-out for 20 minutes, aiming for your hardest, steady effort that does not drop or rise drastically. Stay seated. An optimal cadence is 85+ rpm. Hit the lap button at the end of the test. Cool down for 10 minutes easy spin.

Determine your FTP or LTHR and use the chart below to calculate your training zones.

FTP is 95% of your 20-minute average power ..... LTHR is the average heart rate of your 20-minute test .....

ZONE	DESCRIPTION	RPE (1-10)	%FTP	LTHR	PACE/TERMS	DURATION	TALK TEST	FEELS LIKE	YOUR POWER + HEART RATE ZONES
1	Active Recovery	1-2	< 55%	< 68%	Very Easy, Recovery Ride	30-90 mins	conversational	warm-up	
2	Endurance	3-4	56-75%	69-83%	Easy, Long Ride Aerobic Capacity	3+ hours	chatter away	a flat road	
3	Tempo	5-6	76-90%	84-94%	Moderate, Base, Race Pace	20 - 60M interval 1.5-2.5 hours	speak short sentences	brisk group ride, false flat	
	Sweet Spot	6-7	88-94%	92-97%	Moderately Hard	20 - 30 mins			
4	Threshold	7-8	91-105%	95-105%	Hard, Anaerobic	8-30 mins	reduced to 4-letter words	long climb, out of breath	
5	VO2 Max	9-10	106-120%	>106%	Sprint, attack VO2Max	3-5 mins	very hard to breathe or speak	steep climb, sprint	

# TRAINING TIPS

## ▶ WARM-UP and COOL-DOWN

Warm-up and cool-down are not listed in the plan instructions, but it is assumed that the athlete will warm up and cool down their body appropriately. A warm-up should include foam rolling, muscle activation, dynamic stretching and easy riding.

## ▶ STRENGTH + CROSS TRAINING

Strength training and cross training are recommended for all athletes to prevent injury and maintain a balanced body. This plan does not include specific strength and cross training activities, but both are encouraged and can generally be done on rest days.

## ▶ REST DAYS

This program includes several rest days. Rest days are when your body adapts to all the training - you'll show up stronger the next day. Don't skip rest! More experienced athletes may swap one rest day for low-impact cross-training.

## ▶ NUTRITION & HYDRATION

Any training session that is intense or longer than one hour should be supported with nutrition. Sip water or an electrolyte drink during all sessions, particularly the long or hard sessions. Train with the foods and beverages that you intend to use on race day.

## ▶ GRAVEL TIPS

If you're new to gravel, make sure you spend some time on gravel roads to familiarize yourself with the terrain. Always keep your eyes up. It's important to stay relaxed on gravel. You will also benefit from spending time on gravel with other cyclists. Bikes can get close in gravel racing and it's important to stay calm. Practice shifting and braking on different grades and slopes, and practice cornering wide.

## ▶ ADDITIONAL HELP

Reach out to Stuart Coaching for a more customized approach to reach your goals. In addition to one-on-one coaching, we also have more detailed training plans for these distances which will sync to TrainingPeaks, and provide workouts directly on most training devices! Contact [kari@stuartcoaching.com](mailto:kari@stuartcoaching.com).



# 10-Mile Beginner Training Plan

This 6-week plan is for a beginner gravel cyclist. Many of the sessions are "easy" riding - which may not feel easy at first. Easy endurance riding is the key to becoming a strong cyclist. So, try not to be concerned with speed and instead focus on getting out there and riding consistently.

As the plan progresses, you will begin to see hill repeats and progression rides, which will raise the heart rate and also build strength. Listen to your body, and if you're not ready for the more challenging sessions, stick with the consistent endurance riding.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1		Aerobic Endurance 30m		Aerobic Endurance 30m		Endurance 30-45 min	
	Rest Day	Easy Ride on gravel, road or trainer	Active Recovery or Cross Train	Easy ride on gravel, road or trainer	Rest Day	Easy ride on trainer or gravel. Easy on hills, steady heartrate	Cross Train or Rest
2		Aerobic Endurance 40m		Aerobic Endurance 40m		Endurance 45-60 min	
	Rest Day	Easy Ride on gravel, road or trainer	Active Recovery or Cross Train	Easy ride on gravel. Work hard on the hills!	Rest Day	Easy ride on trainer or gravel. Easy on hills, steady heartrate	Cross Train or Rest
3		Aerobic Endurance 30m		Aerobic Endurance 30m		Endurance 45 min	
Recover	Rest Day	Easy ride on trainer or gravel. Easy on hills, steady heartrate	Rest Day	Easy ride on trainer or gravel. Easy on hills, steady heartrate	Rest Day	Easy ride on trainer or gravel. Easy on hills, steady heartrate	Rest Day
4		Hill Repeats x3 45m		Progression 45m		Endurance 50 min	
	Rest Day	Ride a hill that takes about 3 minutes to climb 3x, or find a hilly route.	Active Recovery or Cross Train	start easy and increase effort 4x in 8m. Rest 1 min before increase	Rest Day	Easy ride on trainer or gravel. Easy on hills, steady heartrate	Recovery Ride or Rest
5		Hill Repeats x5: 45m		Progression 45m		Endurance 8+ miles	
	Rest Day	Ride a hill that takes about 3 minutes to climb 5x, or find a hilly route.	Active Recovery or Cross Train	start easy and increase effort 4x in 8m with no rest between	Rest Day	Rolling gravel route similar to race, test hydration and equipment.	Recovery Ride or Rest
6		Aerobic Endurance 30m		Aerobic Endurance 30m			
	Rest Day	Easy ride on gravel. Work hard on the hills!	Rest Day	Easy ride on gravel. Work hard on the hills!	Rest Day	RACE DAY!!	



# 50K Training Plan

This plan is best suited for an athlete with some experience riding gravel and a baseline level of bike fitness. The plan begins with endurance and strength and progresses to threshold and muscular endurance. Repeat the first 4 weeks, for an early start. Refer to the next page for tips to read session instructions.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1		Strength (Hill Repeats) - 45 mins	Aerobic Endurance - 45'	Aerobic Endurance - 1 hr.		Aerobic Endurance 75-90 mins	Fun Ride - 1hr
	Rest Day	3x5' (RI 5') low cadence, steady climb	Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
2		Strength (Hill Repeats) - 45 mins	Aerobic Endurance - 45'	Aerobic Endurance - 1 hr.		Aerobic Endurance 75-90 mins	Fun Ride - 1hr
	Rest Day	3x5' (RI 5') steady climb for 4', raise cadence last 60"	Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
3		Strength (Hill Repeats) - 55 mins	Aerobic Endurance - 45'	Aerobic Endurance - 1 hr.		Aerobic Endurance 1.5-2 hr	Fun Ride - 1hr
	Rest Day	4x5' (RI 5') steady climb for 4', raise cadence last 60"	Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
4		Aerobic Endurance - 1 hr.	Recovery Ride	Aerobic Endurance - 45 min		No Structure Fun Ride - 75 min	
Recover	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Rest Day	No Structure. Do what feels good for about 90 minutes	Rest Day
5		Threshold Intervals - 1.25'	Recovery Ride - 1hr	Tempo - 1 hr.		Aerobic Endurance 2-2.5 hr	Recovery Ride - 1hr
	Rest Day	5x5' Z4 (RI 5'), quick cadence, complete rest between	Recovery Ride or Cross Train	2x15' Z3 (RI 4')	Rest Day	Easy Z2 Ride on Trainer or Gravel. Easy on hills, steady heartrate	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
6		Threshold Intervals - 1.5'	Recovery Ride - 1hr	Tempo - 75 min		Aerobic Endurance 2.25-2.75 hr.	Recovery Ride - 1hr
	Rest Day	5x6' Z4 (RI 5'), quick cadence, complete rest between	Recovery Ride or Cross Train	2x20' Z3 (RI 5')	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
7		Sweet Intervals - 1.5'	Recovery Ride - 1hr	Progression to Threshold 1 hr		Race Pace Z2/Z3 1.75-2.25 hr.	Aerobic Endurance - 1 hr
	Rest Day	6x30" Z5 sprints (RI 30") 10' easy riding, then do 3x5' Z3/Z4 (RI 5' easy)	Recovery Ride or Cross Train	20' Z2, 15'Z3, 10' Z4, (RI 2')	Rest Day	alternate 30' Z2 with 15' Z3 allow HR to rise on hills	Z2 ride on gravel on tired legs, allow HR to rise on hills





# 50K Training Plan

8		Aerobic Endurance - 1 hr.	Recovery Ride - 1hr	Aerobic Endurance - 1 hr.		No Structure Fun Ride - 1 hr	Recovery Ride - 1hr
Recover	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Allow HR to rise to base on hills	Rest Day	No Structure. Do what feels good for about 90 minutes	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
9		Sweet Spot Z3/Z4 - 75'	Options 1 hr.	Aerobic Endurance - 1 hr.	PreRace Ride - 45 '	Race Simulation - 28-35 miles	
	Rest Day	8x30" Z5 sprints (RI 30") 10' easy riding, 3x5' Z3/Z4 (RI 3' easy)	Rest, Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Allow HR to rise to base on hills	3x3' Z3, 3x1' Z4 (2' rec on all intervals)	On a rolling route similar to race, test nutrition, hydration, equipment. Ride Z3	Rest Day
10		Sweet Spot Z3/Z4 - 75'	Options 1 hr.	Progression to Threshold 75 min		Race Pace Z2/Z3 1.5-2 hr.	Gravel Recovery Ride - 1hr
	Rest Day	4x5' intervals in high Z3 to low Z4 (RI 3' easy)	Rest, Recovery Ride or Cross Train	20' Z2, 15'Z3, 10' Z4, no rest between	Rest Day	alternate 20' Z2 with 30' Z3 allow HR to rise on hills	No Structure gravel ride keep it easy in nature around 60'
11		Aerobic Endurance - 1 hr.	Taper Reps - 1 hr.		PreRace Ride - 45 '		
	Rest Day	Steady Z2, keep HR in Z2 on hills	1x (9', 7', 5', 3') Z3 RI 3', 3x60" spin-up RI 30"	Rest Day	3x3' Z3, 3x1' Z4 (2' rec on all intervals)	RACE DAY!	

## How to read training sessions

**TITLE: Sweet Spot Z3/Z4 - 75'** Refer to pg. 2 for Sweet Spot cues. Ride primarily in Zones 3 and 4. With warm up/cool down, the session is 75 minutes long.

**SESSION INSTRUCTIONS: 8x30" Z5 sprints (RI 30") 10' easy riding, 3x5' Z3/Z4 (RI 3' easy)** After a warm up, ride all out for for 30 seconds. Rest 30 seconds. Repeat sprints 6 times. Next, ride 10 minutes easy. Then ride 5-minutes at sweet spot, followed by 3-minutes easy riding recovery. Repeat that 3 times. Cool down to time.

Remember to sufficiently warm up and cool down with each session.



# 100K Training Plan

This plan is best suited for an athlete experienced in riding gravel and a solid baseline level of bike fitness. The athlete should be able to ride 90 minutes before starting this plan. The plan begins with endurance and strength and progresses to threshold and muscular endurance. Repeat the first 4 weeks, for an early start. Refer to the next page for tips to read session instructions.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1		Strength (Hill Repeats) - 45'	Aerobic Endurance - 45'	Aerobic Endurance - 1 hr.		Aerobic Endurance 2-2.5 hr	Fun Ride - 1hr
	Rest Day	3x5' (RI 5') low cadence, steady climb	Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
2		Strength (Hill Repeats) - 45'	Aerobic Endurance - 45'	Aerobic Endurance - 1 hr.		Aerobic Endurance 2.25-2.75 hr	Fun Ride - 1hr
	Rest Day	3x5' (RI 5') steady climb for 4', raise cadence last 60"	Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
3		Strength (Hill Repeats) - 55'	Aerobic Endurance - 45'	Aerobic Endurance - 90'		Aerobic Endurance 2.5-3 hr	Fun Ride - 1hr
	Rest Day	4x5' (RI 5') steady climb for 4', raise cadence last 60"	Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
4		Aerobic Endurance - 1 hr.	Recovery Ride	Aerobic Endurance - 1 hr.		No Structure Fun Ride - 1.5'	
Recover	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Rest Day	No Structure. Do what feels good for about 90 minutes	Rest Day
5		Threshold Intervals - 1.25"	Recovery Ride - 1hr	Tempo - 1.5 hr.		Aerobic Endurance 2.5-3 hr	Recovery Ride - 1hr
	Rest Day	5x5' Z4 (RI 5'), quick cadence, complete rest between	Recovery Ride or Cross Train	4x15' Z3 (RI 4')	Rest Day	Easy Z2 Ride on Trainer or Gravel. Easy on hills, steady heartrate	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
6		Threshold Intervals - 1.5"	Recovery Ride - 1hr	Tempo - 1.5 hr.		Aerobic Endurance 2.5 hr	Recovery Ride - 1hr
	Rest Day	5x6' Z4 (RI 5'), quick cadence, complete rest between	Recovery Ride or Cross Train	3x20' Z3 (RI 5')	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
7		Sweet Spot Intervals - 1.5"	Recovery Ride - 1hr	Progression to Threshold 80 min		Race Pace Z2/Z3 2-2.5 hr	Aerobic Endurance - 1 hr
	Rest Day	6x30" Z5 sprints (RI 30") 10' easy riding, 3x5' Z3/Z4 (RI 5' easy)	Recovery Ride or Cross Train	30' Z2, 20'Z3, 15' Z4, (RI 2')	Rest Day	alternate 30' Z2 with 15' Z3 allow HR to rise on hills	Z2 ride on gravel on tired legs, allow HR to rise on hills



# 100K Training Plan

8		Aerobic Endurance - 1 hr.	Recovery Ride - 1hr	Aerobic Endurance - 1 hr.		No Structure Fun Ride - 1.5 hr	Recovery Ride - 1hr
Recover	Rest Day	Easy Endurance Ride on Trainer or Gravel. Easy on hills, steady heartrate	Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Allow HR to rise to base on hills	Rest Day	No Structure. Do what feels good for about 90 minutes	No Structure gravel, mountain, group ride - keep it easy in nature around 60'
9		Sweet Spot Z3/Z4 - 75'	Options 1 hr.	Aerobic Endurance - 1 hr.	PreRace Ride - 45 '	Race Simulation - 55-65 miles	
	Rest Day	8x30" Z5 sprints (RI 30") 10' easy riding, 3x5' Z3/Z4 (RI 3' easy)	Rest, Recovery Ride or Cross Train	Easy Endurance Ride on Trainer or Gravel. Allow HR to rise to base on hills	3x3' Z3, 3x1' Z4 (2' rec on all intervals)	On a rolling route similar to race, test nutrition, hydration, equipment. Ride Z3	Rest Day
10		Sweet Spot Z3/Z4 - 75'	Options 1 hr.	Progression to Threshold 75 min		Race Pace Z2/Z3 2.5-3 hr.	Gravel Recovery Ride - 1hr
	Rest Day	4x5' intervals in high Z3 to low Z4 (RI 3' easy)	Rest, Recovery Ride or Cross Train	30' Z2, 20' Z3, 15'Z4, no recovery between	Rest Day	alternate 20' Z2 with 30' Z3 allow HR to rise on hills	No Structure gravel ride keep it easy in nature around 60'
11		Aerobic Endurance - 1 hr.	Taper Reps - 1 hr.		PreRace Ride - 45 '		
	Rest Day	Steady Z2, keep HR in Z2 on hills	1x (9', 7', 5', 3') Z3 RI 3', 3x60" spin-up RI 30"	Rest Day	3x3' Z3, 3x1' Z4 (2' rec on all intervals)	RACE DAY!	

## How to read training sessions

**TITLE: Sweet Spot Z3/Z4 - 75'** Refer to pg. 2 for Sweet Spot cues. Ride primarily in Zones 3 and 4. With warm up/cool down, the session is 75 minutes long.

**SESSION INSTRUCTIONS: 8x30" Z5 sprints (RI 30") 10' easy riding, 3x5' Z3/Z4 (RI 3' easy)** After a warm up, ride all out for for 30 seconds. Rest 30 seconds. Repeat sprints 6 times. Next, ride 10 minutes easy. Then ride 5-minutes at sweet spot, followed by 3-minutes easy riding recovery. Repeat that 3 times. Cool down to time.

Remember to sufficiently warm up and cool down with each session.