



ENDURO



VENTOURO
LIFE IN MOTION

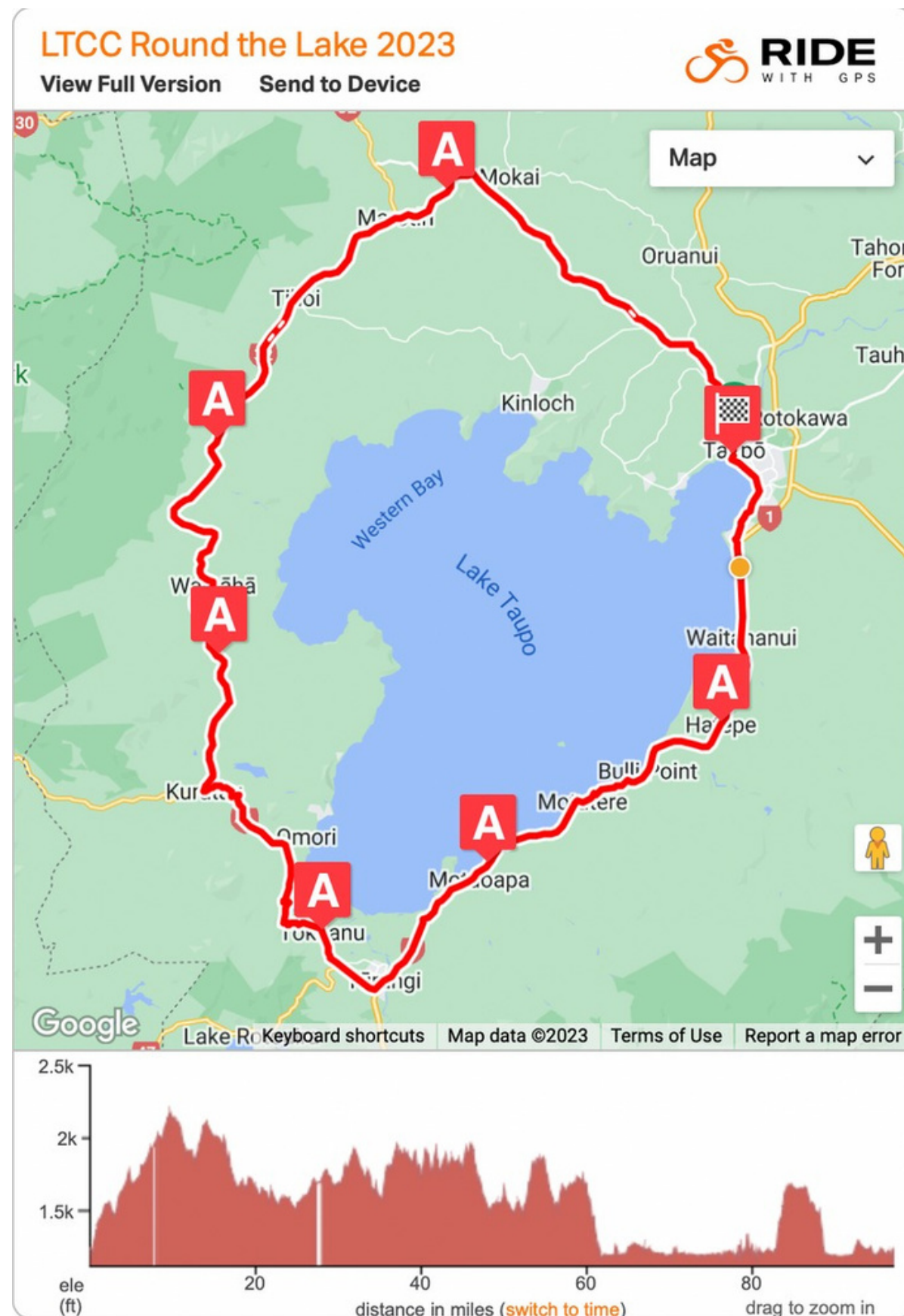


YOUR TRAINING PLAN

This training plan is designed to help you get to the start line physically prepared for the challenges ahead.

HERE ARE A FEW TIPS FOR USING THIS GUIDE

- Customize the workouts to fit your schedule. Shorten the workouts if necessary or swap workouts throughout the week to fit into your life.
- Consistency is key. Even if you can't complete all the rides, stay focused on riding consistently, and don't play catch up.
- Try and find people to ride with on your longer rides. This is not only a great way to make the time pass but also it is important to practice riding in groups.
- Remember you WILL have some bad days. This is ok!
- Be safe and use lights when it is dark or low light



THE COURSE

Not for the faint hearted! Kicking off at 1.30am and taking on average around 13 ½ hours to complete, the double lap of the lake course is no easy feat. After your first lap of the lake, you'll be able to find a few more wheels to follow, as the Round the Lake riders start



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The Start



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Its time to get back on the bike!

This phase is all about getting comfortable on the bike. This can be helped by ensuring you're feeling well. Aim for 500-700m of fluid per hour, and have something to eat for any ride that is over an hour.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 1	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Short Hills	Rest Day	Flat/Easy	Endurance	Build
Total hrs: 11		1hr 30		1hr 30		4hr	4hr	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 2	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Short Hills	Rest Day	Flat/Easy	Endurance	Build
Total hrs: 11hr 30		1hr 30		1hr 30		3hr 30	5hr	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 3	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Short Hills	Rest Day	Flat/Easy	Endurance	Recovery
Total hrs: 8hr 30		1hr 30		1hr		3hr	3hr	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 4	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Short Hills	Rest Day	Flat/Easy	Endurance	Build
Total hrs: 11hr 30		1hr 30		1hr 30		3hr 30	5hr	

Ride intensities:

- Easy – Conversation pace. Intensity should be keeping you warm but you should be able to maintain a conversation throughout.
 - Short hills – Hills that take up to a maximum of 5mins to climb (Can be as short as 2-3mins. Hit these hills with a purpose!
- Long hills – Climbs that last longer than 5mins. Make sure you ride these at an intensity that you can sustain for the entire length of the climb
- Endurance - A Steady to varied pace. You should be able to converse at this pace, not easily on the climbs

The Build

This is where the hard work begins! Nutrition is hugely important for fuel and recovery. Be sure to watch out for tips from Tom Shand as to how you can achieve roughly 60 grams of carbs + 500-700ml of fluid an hour.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 5	Rest Day	Flat/Easy 1hr 30	Rest Day/Stretching and core strength	Long Hills 1hr 30	Rest Day	Flat/Easy 4hr	Endurance 5hr	Build
Total hrs: 12								
Week 6	Rest Day	Flat/Easy 1hr 30	Rest Day/Stretching and core strength	Long Hills 1hr 30	Rest Day	Flat/Easy 5hr	Endurance 5hr	Build
Total hrs: 13hr								
Week 7:	Rest Day	Flat/Easy 1hr 30	Rest Day/Stretching and core strength	Long Hills 1hr 30	Rest Day	Flat/Easy 3hr	Endurance 3hr	Recovery
Total hrs: 9								
Week 8:	Rest Day	Flat/Easy 1hr 30	Flat/Easy 1hr 30	Long Hills 2hr	Rest Day/Stretching and core strength	Rolling Terrain 3hr	Endurance 6hr	Build
Total hrs: 14								
Week 9:	Rest Day	Short Hills 1hr 30	Flat/Easy 2hr	Long Hills 2hr	Rest Day/Stretching and core strength	Rolling Terrain 3hr 30	Endurance 6hr 30	Build
Total hrs: 15hr 30								
Week 10	Rest Day	Short Hills 1hr 30	Flat/Easy 2hr	Long Hills 2hr	Rest Day/Stretching and core strength	Rolling Terrain 3hr 30	Endurance 7hr 30	Build
Total hrs: 16								

You may struggle to feel like you're noticing much progress in this phase, as we keep moving the goal posts each week. Trust in the process, and if you are short on time, the long ride on the weekend is the most important session. You'll be right through the night on race day, so try starting your 6 hour plus sessions at 3-4am, to test your lights and body clock

The Final

Cycling doesn't get any easier, you just go faster! It's important that you are getting sufficient recovery. If you are starting to struggle it could be your body telling you to take a day off. Always better to take one off to recover then the alternative, which is often several days off with illness or injury.

As event week approaches and the event gets closer its time to recover. Remember to look after yourself, hydrate, eat well and get plenty of sleep. You've put in all the work over the past 16 weeks, now get out there and smash your goal. Best of luck from the team at Ventouro.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 11: Total hrs: 9hr 30	Rest Day	Short Hills 1hr	Rest Day/Stretching and core strength	Long Hills 1hr 30	Rest Day/Stretching and core strength	Rolling Terrain 3hr	Endurance 4hr	Recovery
Week 12 Total hrs: 17hr	Rest Day	Short Hills 1hr 30	Flat/Easy 3hr	Long Hills 1hr 30	Rest Day/Stretching and core strength	Rolling Terrain 5hr	Endurance 6hr	Build
Week 13 Total hrs: 19	Rest Day	Short Hills 1hr 30	Flat/Easy 3hr	Long Hills 1hr 30	Rest Day/Stretching and core strength	Rolling Terrain 3hr	Endurance 10hr	Build
Week 14: Total hrs: 16	Rest Day	Short Hills 1hr	Flat/Easy 1hr	Short Hills 2hr	Rest Day/Stretching and core strength	Rolling Terrain 5hr	Endurance 5hr	Build
Week 15: Total hrs: 14	Rest Day	Easy Spin 2hr	Flat/Easy 3hr	Easy Spin 2hr	Rest Day	Rolling terrain 2hrs 30	Endurance 4hr 30	Recovery and Enduro Prep
Week 16: Total hrs: 3hr	Rest Day	Short Hills 1hr 30	Rest Day/Stretching and core strength	Easy Spin 1hr 30	Rest Day/Stretching and core strength	Taupo Enduro	Well deserved DAY OFF!	Enduro Week



Thanks to our Training Partner



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