

 LAKE TAUPŌ
CYCLE
CHALLENGE

GRAVEL GRIND



VENTOURO

LIFE IN MOTION





GRAVEL GRIND

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

What to expect - As the course takes place on some private roads please do not ride on these at any time except on the event. The course is approximately 23% Tarseal, 56% Gravel roads, 16% Mountain Bike trails and 5% other. The Mountain Bike trails are mostly Grade 2 or very easy Grade 3. Bike and Tyre selection will be very important to making the most of your day. Talk to your local bike shop about tyre options and pressures to test during this training plan



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The Start

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 30min	Rest Day/Stretching and core strength	Short Hills 30mins	Rest Day	Rest Day	Endurance 1hr	Build
Total hrs: 2								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 2	Rest Day	Flat/Easy 30min	Rest Day/Stretching and core strength	Short Hills 45min	Rest Day	Rest Day	Endurance 1hr 15	Build
Total hrs: 2hr 30								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 3	Rest Day	Flat/Easy 30min	Rest Day/Stretching and core strength	Short Hills 1hr	Rest Day	Rest Day	Endurance 1hr 30	Build
Total hrs: 3								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 4	Rest Day	Flat/Easy 30min	Rest Day/Stretching and core strength	Short Hills 30mins	Rest Day	Rest Day	Endurance 1hr	Recovery
Total hrs: 2								

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. GRAVEL or on the road, or a mix of both!

The Build

This is where the hard work begins! Nutrition is hugely important for fuel and recovery. You should be working to achieve roughly 60 grams of carbs + 500-700ml of fluid an hour.

Gravel roads are not easily accessible for all, so try for at least one ride on the weekend to include some form of gravel. Stay relaxed with a light grip on the handle bars. If things still feel rough, let a few Psi out of your tyres for a bit more give



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 5	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Long Hills	Rest Day	Rest Day	Endurance	Build
Total hrs: 3		45mins		1hr			1hr 15	
Week 6	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Long Hills	Rest Day	Rest Day	Endurance	Build
Total hrs: 3hr 30		1hr		1hr			1hr 30	
Week 7	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Long Hills	Rest Day	Rest Day	Endurance	Build
Total hrs: 4		1hr		1hr 15			1hr 45	
Week 8	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Long Hills	Rest Day/Stretching and core strength	Rest Day	Endurance	Recovery
Total hrs: 3		45mins		45mins			1hr 30	
Week 9	Rest Day	Short Hills	Rest Day/Stretching and core strength	Long Hills	Rest Day/Stretching and core strength	Endurance	Endurance	Build
Total hrs: 5		1hr		1hr		1hr	2hr	



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The Final



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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.

Gravel riding can be hard on your equipment, so be sure to get your bike serviced prior to the event.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 10:								
Total hrs: 5hr 45	Rest Day	Short Hills 1hr 15	Rest Day/Stretching and core strength	Long Hills 1hr	Rest Day/Stretching and core strength	Endurance 1hr 15	Endurance 2hr 15	Build
Week 11								
Total hrs: 6.30	Rest Day	Short Hills 1hr	Rest Day/Stretching and core strength	Long Hills 1hr 30	Rest Day/Stretching and core strength	Endurance 1hr 30	Endurance 2hr 30	Build
Week 12								
Total hrs: 3hr	Rest Day	Short Hills 1hr	Rest Day/Stretching and core strength	Short Hills 1hr 30	Rest Day/Stretching and core strength	EVENT DAY	Well deserved DAY OFF!	Event Week

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 12 weeks, now get out there and smash your goal.

Best of luck from the team at Ventouro.



Thanks to our Training Partner



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