

LAKE TAUPŌ
**CYCLE
CHALLENGE**

HUKA STEAMER



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

This event makes use of the fast, free-flowing, predominantly pumice-based tracks of the forest and includes certain purpose-built tracks of the Craters Mountain Bike Park, including the Steam Fields track - get set to have some fun.

Because Craters MTB park is part of a working forest, the tracks change every year. Typically the Steamer event makes use of the Tank Stand, Kinder Grinder, Mr and Mrs and Mistress tracks.



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

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



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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.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Goal |
|-------------------|----------|-----------------------|--|-----------------------|--|--------------------|------------------------|------------|
| Week 9: | | | | | | | | |
| Total hrs: 5 | Rest Day | Short Hills 1hr | Rest Day/Stretching and core strength | Long Hills 1hr | Rest Day/Stretching and core strength | Enduance 1hr | Endurance 2hr | Build |
| 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 | Enduance 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 | Enduance 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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