



 LAKE TAUPŌ
CYCLE
CHALLENGE

HUKA TEASER



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

Get set to experience some of the region's iconic landmarks as you whizz by including; AJ Hackett Bungy, Huka Falls, Aratiatia Dam, and alongside the steamy silica thermal stream at Wairakei via the Taupō Rotary Ride track. The final leg will provide you with outstanding views of Lake Taupo and the mountains beyond before you descend to the finish line via 'Acid Drop'. The course is made up of a mixture of Grade 2 and Grade 3 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 Build



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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.

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

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Goal |
|----------------------|----------|-----------|---------------------------------------|------------|---------------------------------------|----------|-----------|----------|
| Week 5: 2nd October | 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 | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Goal |
| Week 6: 9th October | 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 | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Goal |
| Week 7: 16th October | 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 | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Goal |
| Week 8: 23rd October | 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 | |



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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 | 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 |
| Total hrs: 5 | | | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Goal |
| Week 10 | 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 |
| Total hrs: 5hr 45 | | | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Goal |
| Week 11 | 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 |
| Total hrs: 6.30 | | | | | | | | |
| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Goal |
| Week 12: | 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 |
| Total hrs: 3hr | | | | | | | | |

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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