



 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.



HUKA TEASER

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	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



HUKA TEASER

The Build



VENTOURO
LIFE IN MOTION

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.

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 Total hrs: 3	Rest Day	Flat/Easy 45mins	Rest Day/Stretching and core strength	Long Hills 1hr	Rest Day	Rest Day	Endurance 1hr 15	Build
Week 6: 9th October Total hrs: 3hr 30	Rest Day	Flat/Easy 1hr	Rest Day/Stretching and core strength	Long Hills 1hr	Rest Day	Rest Day	Endurance 1hr 30	Build
Week 7: 16th October Total hrs: 4	Rest Day	Flat/Easy 1hr	Rest Day/Stretching and core strength	Long Hills 1hr 15	Rest Day	Rest Day	Endurance 1hr 45	Build
Week 8: 23rd October Total hrs: 3	Rest Day	Flat/Easy 45mins	Rest Day/Stretching and core strength	Long Hills 45mins	Rest Day/Stretching and core strength	Rest Day	Endurance 1hr 30	Recovery



HUKA TEASER

The Final



VENTOURO

LIFE IN MOTION

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	Endurance 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	Endurance 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	Endurance 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



VENTOURO
LIFE IN MOTION