



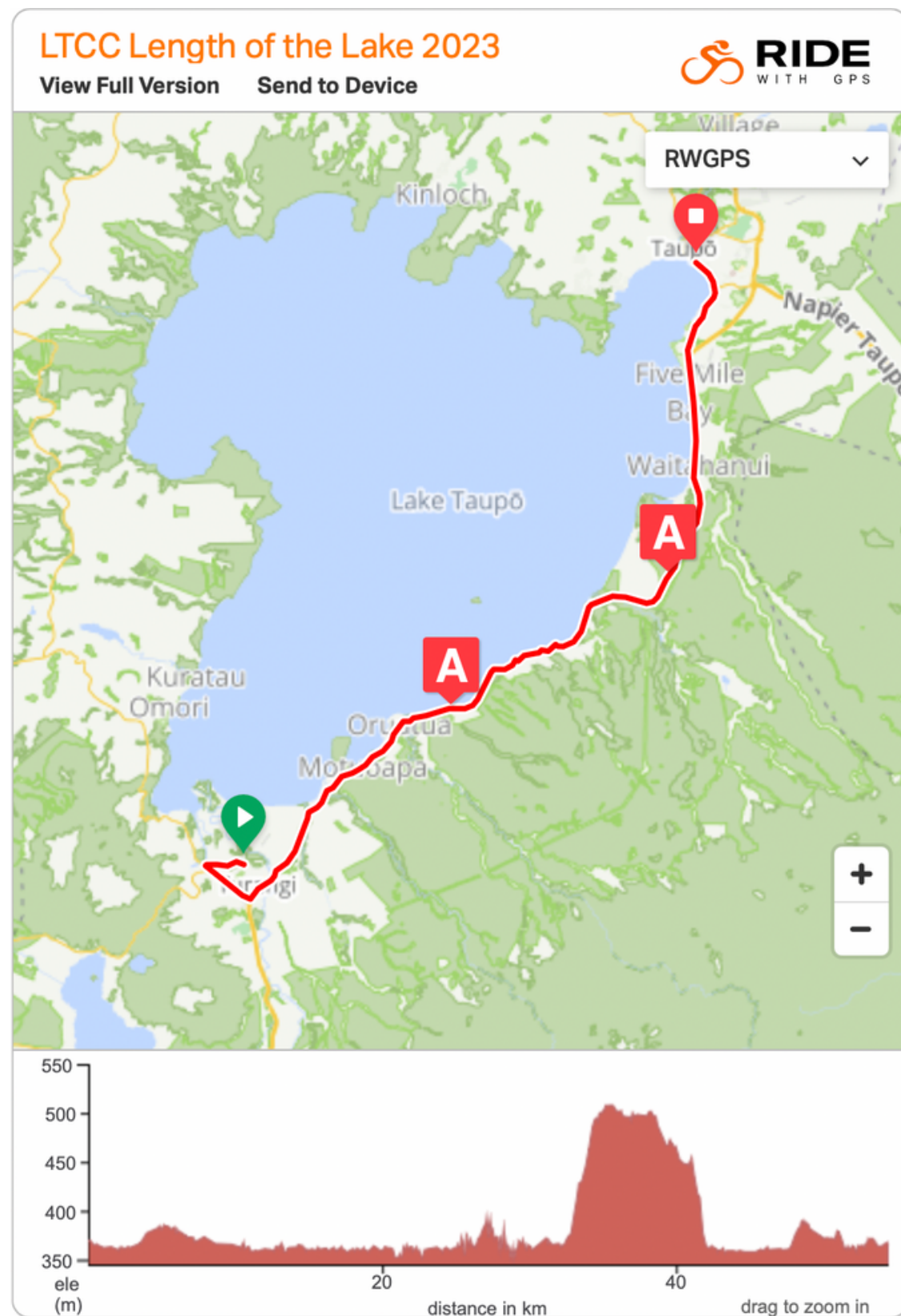
VENTOURO

LIFE IN MOTION



 LAKE TAUPŌ
**CYCLE
CHALLENGE**

LENGTH OF THE LAKE



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 to 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

From the start line at Tūrangi's Tūrangitukua Park head out on Hirangi Road to SH41 and onto SH1 north towards Taupō. As you pedal around this section of the lake be sure to look up and take in the surroundings before settling in for the challenge of the infamous Hatepe Hill. Flush the legs on the final stretch past Five Mile Bay and along the lake edge towards the finish line in the heart of Taupō.



LENGTH OF THE LAKE

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:								
Total hrs: 2	Rest Day	Flat 30min	Rest Day/Stretching and core strength	Rolling terrain 30mins	Rest Day/Stretching and core strength	Rest Day	Rolling Terrain 45mins	Build
Week 2								
Total hrs: 2hr 15	Rest Day	Flat 30min	Rest Day/Stretching and core strength	Rolling terrain 45mins	Rest Day/Stretching and core strength	Rest Day	Endurance 1hr	Build
Week 3								
Total hrs: 2hrs 30	Rest Day	Flat 30min	Rest Day/Stretching and core strength	Rolling terrain 45mins	Rest Day/Stretching and core strength	Rest Day	Endurance 1hr 15	Build
Week 4:								
Total hrs: 2hr	Rest Day	Flat 30min	Rest Day/Stretching and core strength	Rolling terrain 30mins	Rest Day/Stretching and core strength	Rest Day	Endurance 1hr	Recovery

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



LENGTH OF THE LAKE

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