

LAKE TAUPŌ  
**CYCLE  
CHALLENGE**

**ROUND THE LAKE**



**VENTOURO**

LIFE IN MOTION

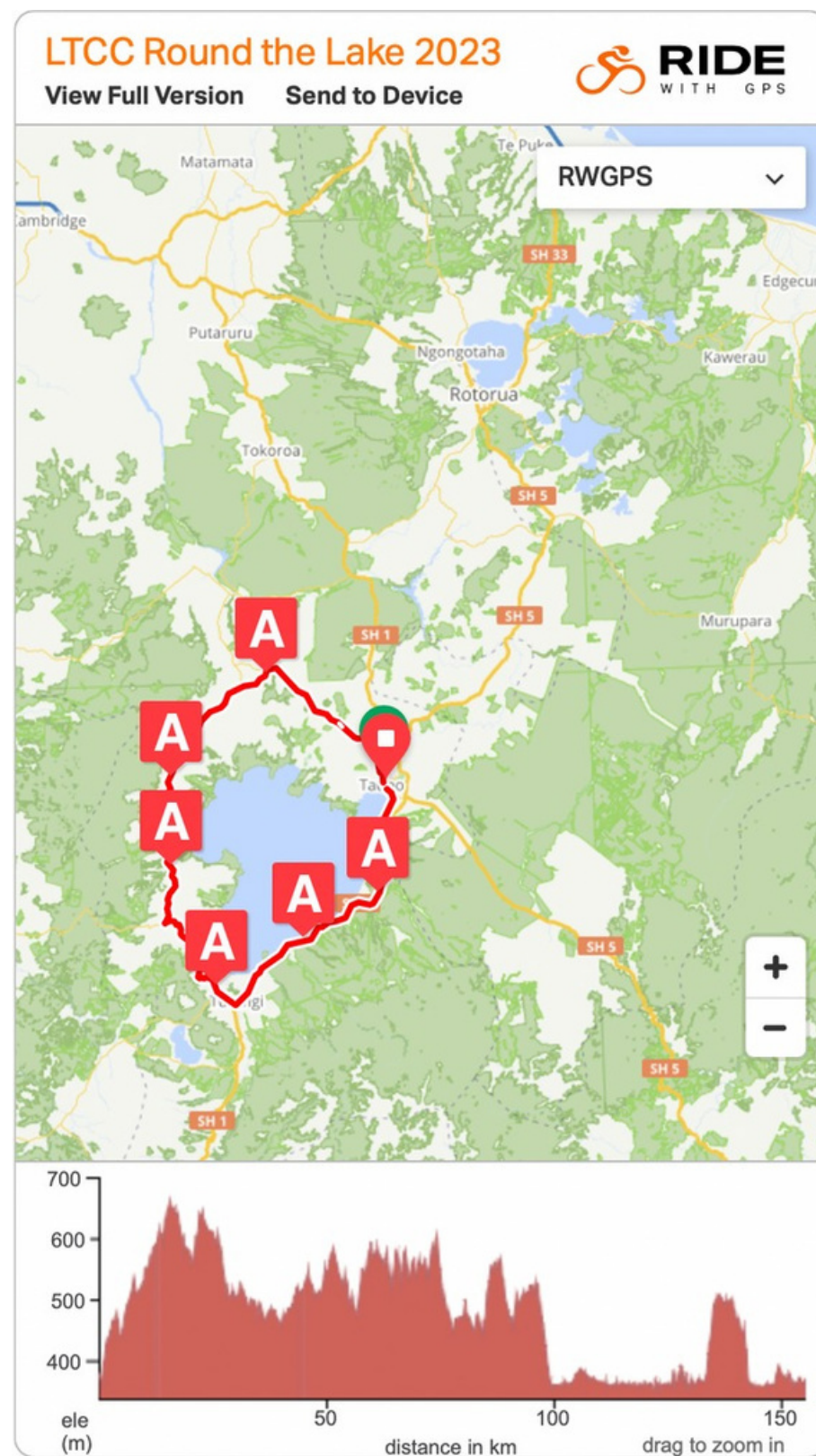


## YOUR TRAINING PLAN

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

Heading out towards acres of lush green Waikato farmland and geothermal steam fields along Poihipi Road . From there it's onto State Highway 32 where you'll need to be prepared for plenty of undulations, particularly Waihaha Hill and its false summit. You'll be spoilt for choice with, breathtaking views across Lake Taupō after the notorious grind up Waihi Hill. Rolling into Turangi and onto SH1 all that stands between you and the finish line is the grueling Hatepe Hill!



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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:								
Total hrs: 3	Rest Day	Flat/Easy 1hr	Rest Day/Stretching and core strength	Short Hills 45	Rest Day	Rest Day	Endurance 1hr 15	Build
Week 2								
Total hrs: 3. 30	Rest Day	Flat/Easy 1hr	Rest Day/Stretching and core strength	Short Hills 1hr	Rest Day	Rest Day	Endurance 1hr 30	Build
Week 3								
Total hrs: 4	Rest Day	Flat/Easy 1hr	Rest Day/Stretching and core strength	Short Hills 1hr 15	Rest Day	Rest Day	Endurance 1hr 45	Build
Week 4:								
Total hrs: 3hr 30	Rest Day	Flat/Easy 60mins	Rest Day/Stretching and core strength	Short Hills 60mins	Rest Day	Rest Day	Endurance 1hr 30	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

# The Build

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:	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Long Hills	Rest Day	Flat/Easy	Endurance	Build
Total hrs: 5		1hr		1hr		1hr	2hr	
Week 6:	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Long Hills	Rest Day	Flat/Easy	Endurance	Build
Total hrs: 5hr 30		1hr		1hr 10		1hr	2hr 20	
Week 7:	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Long Hills	Rest Day	Flat/Easy	Endurance	Build
Total hrs: 6		1hr		1hr 10		1hr 10	2hr 40	
Week 8:	Rest Day	Flat/Easy	Rest Day/Stretching and core strength	Long Hills	Rest Day/Stretching and core strength	Flat/Easy	Endurance	Recovery
Total hrs: 5		1hr		1hr		1hr	2hr	
Week 9:	Rest Day	Short Hills	Rest Day/Stretching and core strength	Long Hills	Rest Day/Stretching and core strength	Rolling Terrain	Endurance	Build
Total hrs: 6		1hr		1hr 30		1hr	2hr 30	
Week 10:	Rest Day	Short Hills	Rest Day/Stretching and core strength	Long Hills	Rest Day/Stretching and core strength	Rolling Terrain	Endurance	Build
Total hrs: 7		1hr		1hr 30		1hr 30	3hr	



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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.

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 16 weeks, now get out there and smash your goal. Best of luck from the team at Ventouro.



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 11	Rest Day	Short Hills	Rest Day/Stretching and core strength	Long Hills	Rest Day/Stretching and core strength	Rolling Terrain	Endurance	Build
Total hrs: 8		1hr		1hr 30		2hrs	3hr 30	
Week 12	Rest Day	Short Hills	Rest Day/Stretching and core strength	Long Hills	Rest Day/Stretching and core strength	Rolling Terrain	Endurance	Recovery
Total hrs: 6		1hr		1hr		1hr	3hr	
Week 13	Rest Day	Short Hills	Rest Day/Stretching and core strength	Long Hills	Rest Day/Stretching and core strength	Rolling Terrain	Endurance	Build
Total hrs: 8h		1hr		1hr 30		2hrs	3hr 30	
Week 14	Rest Day	Short Hills	Rest Day/Stretching and core strength	Short Hills	Rest Day/Stretching and core strength	Rolling Terrain	Endurance	Build
Total hrs: 9h		1hr 30		1hr 30		2hrs	4hr	
Week 15	Rest Day	Easy Spin	Rest Day/Stretching and core strength	Easy Spin	Rest Day	Rolling terrain	Endurance	Build
Total hrs: 10h		1hr 30		1hr 30		2hrs 30	4hr 30	
Week 16:	Rest Day	Short Hills	Rest Day/Stretching and core strength	Short Hills	Rest Day/Stretching and core strength	EVENT DAY	Well deserved DAY OFF!	Event Week
Total hrs: 3hr		1hr 30		1hr 30				



**Thanks to our Training Partner**



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