



TINELI HUKA HUNDY
Advice Sheet



VENTOURO

LIFE IN MOTION



Training Notes

The Huka Hundy, is a serious event! Not one to be taken lightly, and for a successful event day, preparation is key.

With an event this length and difficulty we believe a personalized plan is the best option, as generic advice can run you into trouble easily overdoing the training with such a big task.

So here we have some tips to get you started and focus on during training, but if you would like to get the best out of your event day, please purchase a personalised plan from our coaching partner, Ventouro Coaching either with your event entry or via the Shop page on our website.

- Important that you drink on all rides (aim for 1x 700ml per hour) and have something to eat for every ride that is longer than 90mins.
 - If training on the road as well, be safe and use lights when it is dark or low light
- Always ride with a little more clothing than you might need, better to take a layer off than not have enough!
 - Remember you WILL have some bad days. This is ok!
- Try and find people to ride with on your longer rides. This is a great way to make the time pass.

As always, 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.

Body

As you are increasing your volume of training, ensure you are stretching after each session. On the bike we sit in one position for long periods of time and therefore it is important to stretch in the opposite direction of your riding position.

If you are having issues with lower back pain, try using a smaller gear with a higher cadence.

Your long rides are now several hours in length. It is important that you are eating and drinking enough while you're riding. Aim for 500-750ml per hour and 60grams of carb per hour.

Practice eating and drinking while you're riding, a great skill to master so you don't have to pull over and stop on race day.

Pacing is crucial in ultra-endurance events so ensure your long rides are done at a steady pace and remain well controlled throughout.

Mix up your nutrition and focus on using some real food (rice cakes or sandwiches) as well as just bars or gels. Experiment early in the program to see what works best for you.

Endurance riding places a lot of stress on both body and bicycle. Ensure your equipment is well maintained and serviced and that you're getting sufficient rest and recovery. Stretching and core strength are both very important.

All the best, and again for more help go to <https://ventouro.com/collections/pro-train> or contact info@ventouro.com