**Ventouro Coaching**

**Huka Challenge - 80km**

**Weeks 1-16**

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<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<th>Goal</th>
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<tbody>
<tr>
<td>Rest Day</td>
<td>Flat/Easy</td>
<td>Rest Day/Stretching</td>
<td>Short Hills</td>
<td>Rest Day</td>
<td>Rest Day</td>
<td>Endurance</td>
<td>Build</td>
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<td>Week 3</td>
<td>Rest Day</td>
<td>Flat/Easy</td>
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<td>Rest Day</td>
<td>Rest Day</td>
<td>Endurance</td>
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<td>Week 4</td>
<td>Rest Day</td>
<td>Flat/Easy</td>
<td>Rest Day</td>
<td>Rest Day</td>
<td>Rest Day</td>
<td>Endurance</td>
<td>Recovery</td>
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- **Total hrs**: Week 1: 3, Week 2: 3.30, Week 3: 4, Week 4: 3hr 30

**Ventouro Coaching**

1. Remember this program is simply a guide. If you are tired then take an easy day or a day off. Recovery is what makes you stronger!
2. 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.
3. Remember you WILL have some bad days. This is ok!
4. If you are having issues with lower back pain, try using a smaller gear with a higher cadence.
5. Be safe and use lights when it is dark or low light
6. 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.
You are now well underway in your training towards Lake Taupo Cycle Challenge. 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 than the alternative, which is often several days off with illness or injury.

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

We recommend at least one ride a week to be on single track.

As you pass over the half way point of your program you should aim to complete just over half of your target distance (i.e. by the end of week 9 you should aim to have ridden 40km)

Always ride with a little more clothing than you might need, better to take a layer off than not have enough!

Practice eating and drinking while your riding, a great skill to master so you don't have to pull over and stop on race day. This can be hard on single track but practice drinking while climbing or experiment with different ways of fueling i.e. using a camelbak instead of bottles.

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.

By now you should be comfortable on your bike saddle however if you are having issues with comfort feel free to get in touch with the team at Ventouro for a Pro.Fit bike fit.
### Week 11
- **Monday**: Rest Day
- **Tuesday**: Short Hills 1hr
- **Wednesday**: Rest Day/Stretching and core strength 1hr 30
- **Thursday**: Long Hills 2hrs
- **Friday**: Rest Day/Stretching and core strength 3hr 30
- **Saturday**: Rolling Terrain 1hr
- **Sunday**: Endurance 3hr 30
- **Goal**: Build

**Total hrs: 8**

### Week 12
- **Monday**: Rest Day
- **Tuesday**: Short Hills 1hr
- **Wednesday**: Rest Day/Stretching and core strength 1hr 30
- **Thursday**: Long Hills 2hrs
- **Friday**: Rest Day/Stretching and core strength 3hr 30
- **Saturday**: Rolling Terrain 1hr
- **Sunday**: Endurance 3hr
- **Goal**: Recovery

**Total hrs: 6**

### Week 13
- **Monday**: Rest Day
- **Tuesday**: Short Hills 1hr
- **Wednesday**: Rest Day/Stretching and core strength 1hr 30
- **Thursday**: Long Hills 2hrs
- **Friday**: Rest Day/Stretching and core strength 3hr 30
- **Saturday**: Rolling Terrain 1hr
- **Sunday**: Endurance 3hr 30
- **Goal**: Build

**Total hrs: 8h**

### Week 14
- **Monday**: Rest Day
- **Tuesday**: Short Hills 1hr 30
- **Wednesday**: Rest Day/Stretching and core strength 1hr 30
- **Thursday**: Short Hills 2hrs
- **Friday**: Rest Day/Stretching and core strength 3hr 30
- **Saturday**: Rolling Terrain 1hr
- **Sunday**: Endurance 4hr
- **Goal**: Build

**Total hrs: 9h**

### Week 15
- **Monday**: Rest Day
- **Tuesday**: Easy Spin 1hr 30
- **Wednesday**: Rest Day/Stretching and core strength 1hr 30
- **Thursday**: Easy Spin 2hrs
- **Friday**: Rest Day/Stretching and core strength 4hr 30
- **Saturday**: Rolling terrain 3hr 30
- **Sunday**: Endurance 4hr 30
- **Goal**: Build

**Total hrs: 10h**

### Week 16
- **Monday**: Rest Day
- **Tuesday**: Short Hills 1hr 30
- **Wednesday**: Rest Day/Stretching and core strength 1hr 30
- **Thursday**: Short Hills 2hrs 30
- **Friday**: Rest Day/Stretching and core strength 4hr 30
- **Saturday**: Rolling terrain 3hr
- **Sunday**: Endurance 4hr
- **Goal**: Event Week

**Total hrs: 3hr**

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

**Practice eating and drinking while your riding, a great skill to master so you don’t have to pull over and stop on event day.**

As event week approaches and the event gets closer its time to recover. Remember to look after yourself, 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.**