Ventouro Coaching

Weeks 1-8

- 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!
- Remember you WILL have some bad days. This is ok!
- 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!
- We recommend at least one ride a week to be on single track.

Huka Teaser - 35km

- 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
As event week approaches and the event gets closer it's 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.