



# VENTOURO

LIFE IN MOTION

This program is designed for individuals who are able to ride up to 100mins or 45km.  
 All sessions should start and finish with 10-15mins of easy riding to warm up and cool down and we recommend gentle stretching after each session.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 1: 27th July Total hrs: 4	Rest Day	Easy 60mins	Rest Day	Short Hills 75mins	Rest Day	Rest Day	Endurance 1hr 45	Build
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 2: 3rd August Total hrs: 4hr 30	Rest Day	Easy 60mins	Rest Day	Short Hills 90mins	Rest Day	Rest Day	Endurance 2hr	Build
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 3: 10th August Total hrs: 3hr 30	Rest Day	Easy 60mins	Rest Day	Short Hills 60min	Rest Day	Rest Day	Endurance 1hr 30	Recovery
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 4: 17th August Total hrs: 4	Rest Day	Easy 60mins	Rest Day	Short Hills 1hr 30	Rest Day	Rest Day	Endurance 1hr 30	Build
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 5: 24th August Total hrs: 4hr 30	Rest Day	Easy 60mins	Rest Day	Short Hills 1hr 30	Rest Day	Rest Day	Endurance 2hr	Build

Key:  
 Short Hills – Shorter than 5mins  
 Long Hills – Longer than 5 mins  
 Easy – Conversation pace