



VENTOURO

LIFE IN MOTION

This program is designed for individuals who are able to ride up to 3 hours or 90km.
 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 2: 27th July Total hrs: 6h 30	Rest Day	Flat/Easy 90mins	Rest Day/Stretching and core strength	Short Hills 2hr	Rest Day	Rest Day	Endurance 3hr	Build
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 3: 3rd August Total hrs: 7hr 30	Rest Day	Flat/Easy 2hr	Rest Day/Stretching and core strength	Short Hills 2hr	Rest Day	Rest Day	Endurance 3hr 30	Build
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 4: 10th August Total hrs: 4hr 30	Rest Day	Flat/Easy 60mins	Rest Day/Stretching and core strength	Short Hills 60mins	Rest Day	Rest Day	Endurance 2hr 30	Recovery
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 5: 17th August Total hrs: 7hr 30	Rest Day	Flat/Easy 90mins	Rest Day/Stretching and core strength	Long Hills 90mins	Rest Day	Flat/Easy 60mins	Endurance 3hr 30	Build
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 6: 24th August Total hrs: 8hr 30	Rest Day	Flat/Easy 90mins	Rest Day/Stretching and core strength	Long Hills 90mins	Rest Day	Flat/Easy 90mins	Endurance 4hr	Build
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 7: 31st August Total hrs: 9hr 30	Rest Day	Flat/Easy 90mins	Rest Day/Stretching and core strength	Long Hills 90mins	Rest Day	Flat/Easy 2hrs	Endurance 4hr 30	Build

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