



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 8: 7th September Total hrs: 6.30	Rest Day	Flat/Easy 60mins	Rest Day/Stretching and core strength	Long Hills 90mins	Rest Day/Stretching and core strength	Flat/Easy 60mins	Endurance 3hr	Recovery
Week 9: 14th September Total hrs: 9hr 30	Rest Day	Short Hills 60mins	Flat/Easy 60mins	Long Hills 90mins	Rest Day/Stretching and core strength	Rolling Terrain 90mins	Endurance 4hr 30	Build
Week 10 21st September Total hrs: 11	Rest Day	Short Hills 90mins	Flat/Easy 60mins	Long Hills 90mins	Rest Day/Stretching and core strength	Rolling Terrain 2hrs	Endurance 5hr	Build
Week 11: 28th September Total hrs:12	Rest Day	Short Hills 90mins	Flat/Easy 60mins	Long Hills 90mins	Rest Day/Stretching and core strength	Rolling Terrain 2hrs 30	Endurance 5hr 30	Build

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