



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 6: 31st August Total hrs: 5.30	Rest Day	Easy 1hr 30	Rest Day	Short Hills 1hr 30	Rest Day	Rest Day	Endurance 2hr 30	Build
Week 7: 7th September Total hrs: 4.30	Rest Day	Easy 60mins	Rest Day	Short Hills 1hr 30	Rest Day	Rest Day	Endurance 2hr	Recovery
Week 8: 14th September Total hrs: 6	Rest Day	Easy 60mins	Rest Day	Long Hills 1hr 30	Rest Day	Easy 60mins	Endurance 2hr 30	Build
Week 9: 21st September Total hrs: 7	Rest Day	Short Hills 60mins	Easy 60mins	Long Hills 60mins	Rest Day	Easy 60mins	Endurance 3hr	Build
Week 10: 28th September Total hrs: 8	Rest Day	Short Hills 60mins	Easy 60mins	Long Hills 90mins	Rest Day	Easy 60mins	Endurance 3.30hr	Build

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