



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 12: 5th October Total hrs: 8hr 30	Rest Day	Short Hills 60mins	Flat/Easy 60mins	Long Hills 90mins	Rest Day/Stretching and core strength	Rolling Terrain 60mins	Endurance 4hr	Recovery
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 13: 12th October Total hrs: 13 Training Camp hours: 21	Rest Day	Short Hills 90mins	Easy Spin 2hrs	Long Hills 90mins	Rest Day/Stretching and core strength	Rolling Terrain 2hrs	Endurance 6hrs	Build
		60mins (easy)	3hrs	5hrs	3 hr 30	5hrs	3hr 30	**Ventouro K2 Camp**
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 14: 19th October Total hrs: 12	Rest Day	Short Hills 90mins	Long Hills 2hrs	Short Hills 90mins	Rest Day/Stretching and core strength	Rolling Terrain 2hrs	Endurance 5hrs	Race Prep
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 15: 26th October Total hrs: 10	Rest Day	Easy Spin 60mins	Short Hills 2hrs	Easy Spin 60mins	Rest Day	RACE DAY	Well deserved DAY OFF!	Taper/Race Week

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