



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 11: 5th October Total hrs: 7	Rest Day	Short Hills 60mins	Easy 60mins	Long Hills 90mins	Rest Day	Easy 60mins	Endurance 2hr 30	Recovery
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 12: 12th October Total hrs: 8 Total hrs: 12h30	Rest Day	Short Hills 60mins Rest Day	Easy 90mins 2hrs	Long Hills 90mins 60min easy	Rest Day 3.30hr	Endurance 2hr 3hr	Endurance 3hr 3.30hr	Build **Ventouro K1 Camp**
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 13: 19th October Total hrs: 10h	Rest Day	Rest Day	Easy 90mins	Long Hills 90mins	Rest Day	Endurance 2hr	Endurance 4hr	Race Prep
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal
Week 14: 26th October Total hrs: 10h	Rest Day	Short Hills 90mins	Short Hills 90mins	Easy 60mins	Rest Day	Race Day	Well deserved DAY OFF!	Race Week

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