

Cycling for Health and Fun Training Program 2013

Principles:

- Riders to self assess for fitness/experience. If appropriate, participants will gain a Doctor's clearance to undertake program.
- Sessions 1-5 are Stromlo Park (commencing at 10 am sharp, finishing by 11.30 am).
- Bike safety check to be completed by a bike shop mechanic or equivalent.

The session outlines below are indicative of the skills & training to be covered by the program. Participants may progress more quickly or slowly through the sessions and the coach will be flexible to meet the needs of the group. Information handouts will be provided to participants.

<u>Date</u>	<u>Session outline</u>
Preparatory session 17 July 2013	This will be at a venue to be announced. <ul style="list-style-type: none"> • Questions and answers • Discussion on bikes, suitable clothing, shoes, sun glasses, etc • What to bring to Stromlo Park – approved helmet, safe bike with completed checklist, water bottle that fits on bike • Give out information sheets on bike parts, participant background sheet,
Week 1 24 July 2013 Stromlo Forest Park	Participants will demonstrate current approach to riding if appropriate. Bike familiarisation & basic skills – coach's assessment of participants skills will determine progression in this session <ul style="list-style-type: none"> • starting and stopping • slalom through cones • riding with other people: in pairs, behind other people • hands off the handlebar, (one at a time) • braking safely • emergency braking • cornering
Week 2 31 July 2013	Review of last week, practice particular aspects as participants request.

<u>Date</u>	<u>Session outline</u>
Stromlo Forest Park	<p>How to ride efficiently and effectively by yourself:</p> <ul style="list-style-type: none"> • gear selection • pacing yourself / knowing the course • when and how to drink • position on the bike • hand signals, looking behind <p>Bunch riding:</p> <ul style="list-style-type: none"> • responsibilities to others in the bunch • how to ride a wheel • how to take turns – rolling over • communication, calls • braking in the bunch.
Week 3 7 August 2013 Stromlo then Eucumbene Dr & Warragamba Drive	<p>Hill climbing and review of progress</p> <ul style="list-style-type: none"> • choosing appropriate gears • improving technique – hand position, position on the saddle, foot position
Week 4 14 August 2013 Stromlo Forest Park & Uriarra Rd	<p>Review of progress so far – questions.</p> <p>Working together in a small group</p> <ul style="list-style-type: none"> • different ways of working together to conserve energy/avoid wind - paceline • correct technique for small groups <p>Sprinting and bridging gaps – how to get onto the wheel of others when you are overtaken.</p>
Week 5 21 August 2013	Revision of skills covered in weeks 1-5
Week 6 28 August 2013	20 km ride on bike paths. Venue to be chosen by group. Coffee afterwards.
Extra activities	<p>Visit to Diabetes ACT for education session on balancing nutrition and exercise.</p> <p>Visit by Pedal Power ride leader.</p>