

PERTH INTEGRATED HEALTH CYCLING GROUP



2012 CYCLING TRAINING COURSES

The Perth Integrated Health Cycling Group (PIHCG) is proud to announce its 2012 series of Cycling training courses.

Conducted over a period of 8 weeks each, participants of these courses will learn all they need to know about cycling techniques, strength training, safety on the bike, road skills as well as proper bunch rides and fitness and conditioning training

Our programs also provide for extensive theory training from biomechanics of the body to the feet, understanding about performance enhancement and wellness on the bike

Team V for Victor: 7 Feb 2012 to 29 Mar 2012

Team W for Whiskey: 10 Apr 2012 to 31 May 2012

Team X for X Ray: 5 Jun 2012 to 26 July 2012

Team Y for Yankee: 9 Oct to 29 Nov 2012

Please contact us at: cycling@pihc.com.au for detailed prospectus and about our nationally accredited cycling program.

Website: www.pihc.com.au / 92405266 / 9364 8626