

# PERTH INTEGRATED HEALTH CYCLING GROUP



## 2012 CYCLING TRAINING PROGRAM 4 TRAINING PROGRAMS PER YEAR

The PIHCG Cycling Training Program for 2012 follows the rich tradition our Cycle Skills course over the past eight years.

Conducted by nationally qualified cycle coaches most of whom are also qualified Cycling Teachers, this course is an INNOVATIVE and UNIQUE way of participating in health and fitness whilst gaining cycling skill and a comprehensive knowledge base related to cycling.

The course begins with a Health Assessment to take baseline health parameters, followed by an commencement Orientation & Safety session that covers safety on the road, course outline, bike and helmet appropriateness as well as equipment required.



Over the 8 week program (at a twice a week frequency) you participate in four theory sessions (held at PIH Northern Districts Centre in Balcatta) which includes the Orientation & Safety evening, Nutrition Hydration & Performance Enhancement for cycling by an Exercise Physiologist; Injury prevention and Biomechanics on the bike by an Occupational Therapist /Bike Ergonomist and Feet Biomechanics by a Biomechanical Podiatrist;

The 12 practical sessions of the course are held at Kings Park on Tues and Thurs mornings from 600 am to 700 am (summer months) and 630 am to 730 am (spring /autumn months) include:

- interval training
- cornering
- surges
- drafting
- braking
- hill climbs and descends
- bunch riding
- muscle isolations
- seating positions / standing hill climbs
- skills on the road and traffic
- traffic management



To register please contact  
PIHCG Admin Officer: [cycling@pihc.com.au](mailto:cycling@pihc.com.au) or on 92405266  
Web: [www.pihc.com.au/cycling](http://www.pihc.com.au/cycling)  
Payment on 9240 5266. Course Fee: \$480 (GST included)

Course Fee includes all practical and theory sessions, coaches fees, insurance coverage, PIHCG cycling jersey (bib nix optional extra), sponsors handouts through information pack given at the orientation session.

PIH practitioners conduct clinical treatment, performance enhancement programs & bike ergonomics assessments at all levels including world champions, national & state competitors and recreational cyclists.

The PIH Cycling Group also undertakes regular training programs, events, rides, workshops, research, information sessions and e-newsletter to our community of cyclists.

**Selection Criteria:** This course will suit cyclists who are able to already balance on a bike, who are able to ride at least around 8 to 10 km distance and from the ages of 18 years and above for insurance based reasons. Participants must also pass the fitness assessment for inclusion in the course and must provide details of their medical history when they report to the health professional for their fitness assessment prior to course commencement.

