

# BHP-PIHC CYCLE SKILLS COURSE 2010

Conducted by nationally qualified cycle coaches, Perth Integrated Health Clinic's Cycling 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.

Thanks to the generosity of our Major Sponsor for 2010—**BHP Billiton**

The course begins with a **Health Assessment** to take baseline health parameters, followed by an introductory session to ensure bike and helmet fit. Over the 10 week program (x 2 a week) you participate in practical cycling sessions which cover:

- pedalling
- interval training
- hill climbing
- cornering
- sprints
- surges
- group riding
- drafting etc

and also theory sessions on:

- nutrition for cycling;
- injury prevention by an Occupational Therapist;
- feet biomechanics by a Podiatrist;
- performance enhancement by an Exercise Physiologist

PIHC practitioners also conduct clinical treatment & bike ergonomics for cyclists at all levels including world champions, national and state level cyclists.



for ALL  
skill levels

Course Dates for the year 2010

Tuesday & Thursday

Team N ( Nike )

2 Feb to 8 Apr

Team O ( Oscar )

27 Apr to 1 July

Team P ( Papa )

27 Jul to 30 Sep

Team Q ( Quebec )

12 Oct to 16 Dec

To register or for more information, please contact **Cycling Coordinator Ian Wee** on 9240 5266 or [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)  
Refer: [www.pihc.com.au/cycling](http://www.pihc.com.au/cycling)

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