

# Cross Training for Cyclists & Triathletes

## Training with a Difference

Are you tired of the same old training routine?

Do you want to combine a range of different forms of exercise for a whole body work out?

PIH would like to present the "Cross Training for cyclists and triathletes."

Participants will travel to different locations by bike to train areas of common weakness among cyclists and triathletes.

**When:** Every Wednesday starting 7<sup>th</sup> March to 11<sup>th</sup> April. (6 weeks)

**Time:** 5.50am meet for 6.00am start to 7.00am

**Where:** Meet Frasers Carpark, Kings Park.

**Cost:** \$100.00

What do you need?

- **Bike**
- **Cycling gear (helmet, cleats, etc)**
- **Running shoes**
- **Towel**
- **Water**
- **Skipping rope** -Given at 1<sup>st</sup> session

For further enquiries please direct them to Julian Mancini, PIH Occupational Therapist and Exercise Physiologist [julian@pihc.com.au](mailto:julian@pihc.com.au) or 9240 5266. [www.pihc.com.au](http://www.pihc.com.au)

Or register via the link on our website

<https://www.registernow.com.au/secure/Register.aspx?ID=5632>

