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## WINTER TRAINING PROGRAM FOR CYCLISTS

While we take advantage of the good weather that we are having to ride our bikes, many of us have not been consistent with our cycling training and conditioning for a factor of reasons.

Apart from the wet and associated spray and dirt on the road – the biggest deterrent is the extreme cold that we are facing in the fine winter weather and the low temperatures remains a challenge to pry us out of our warm beds in the morning. The rapidly cool evenings seem to also play havoc with our intended evening training.

**NO MORE EXCUSES! THE ANSWER IS HERE WITH THE SPECIAL PIHC CYCLING GROUP WINTER INDOOR RPM CLASS DESIGNED BY CYCLISTS, CYCLING COACHES AND CLINICIANS FOR CYCLISTS!**



**Commencement Date:** 5 July 2010. Monday

**Frequency:** Every Monday from 5 July 2010 to 9 August 2010.

**Time:** 7.15 pm for 7.30 pm start (we start on time) to 8.30 pm

**Location:** PIHC Performance Enhancement Clinic @ Melville Aquatic Fitness Centre in Marmion Street, Booragoon.



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**Schedule:** We will develop cadence, strength, endurance and speed over the course of the 6 week program.

**Cost:** \$100 for all 6 sessions (no part payment or part attendance permitted)

**Program Includes:** clinical education sessions and screens with PIHC clinicians who are cyclists, complimentary conditioning session with the Huber Dynamic systems with our Exercise Physiologist, discounted electrolyte and energy gels. Proper set up of the indoor bike pertaining to your body biomechanics will also feature as part of this program.

**Indemnity:** Participants will be required to complete the release waiver section and indemnity form as part of their sign up to this program which will be included as part of the Register Now sign up.

**Class:** Limited to 28 cyclists.

**Bring:** Wear cycling nixs and jersey (those with PIHC jersey please do so), cycling gloves, MTB shoes or sand shoes only (racing cycling shoes cannot be used), sweat band / cap, towel and two water bottles for water / electrolytes.

**Bookings and Payments;** Through Register Now – using Master Card or Visa Card: \$100 with the link appended below:

<https://www.registernow.com.au/secure/Register.aspx?ID=2789>

**Further Information:** Ian Wee Director Sportif – PIHC Cycling Group: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)

