

PIHC CYCLING COURSE 2009

Endorsed by CYCLING WA and conducted by qualified cycle coaches, Perth Integrated Health Clinic's Cycling Course is an *INNOVATIVE* and *UNIQUE* way of participating in health and fitness whilst gaining

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, you participate in *cycling sessions* which cover:

- pedalling
- interval training
- hill climbing
- cornering
- sprints
- surges

and also information sessions on:

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

***PIHC practitioners are the appointed health providers for the PLAN B Western Australia Elite Racing Team



for ALL skill levels

Course Dates for 2009

Tuesday & Thursday (times and location TBC)

Team J (Juliet)

3 Feb - 9 April

Team K (Kilo)

14 Apr - 18 June

Team L (Lima)

21 July - 24 Sept

Team M (Mike)

13 Oct - 17 Dec

Progression: Sunday training ride 7.30am

To register or for more information, please

contact Cycling Coordinator

Danae Beard:

Phone: 9240 5266

Perth
Integrated
Health Clinic