



PIHCG CYCLING TRAINING PROGRAMS FOR FIRST QUARTER 2012

Cycling Training Program – Team V for Victor

Date: 7 Feb 2012 to 29 Mar 2012

Suitable and ideal for individuals wishing to learn more skills and techniques in cycling as well as develop fitness, endurance and capabilities on the road.

This course is also suitable for people who ride but have never learnt formally how cycling can be from a commuting, fitness and social bunch ride point of view.

Held twice a week for 8 weeks which includes 12 practical sessions at Kings Park and 4 theory sessions held at PIH Northern Districts Centre in Balcatta

Prospective applicants please email: cycling@pihc.com.au for the prospectus for 2012.

Advanced Cycling Training Program -2012 Edition

Date: Commencing in early February 2012

Held once a week for 8 weeks and open to up to 30 experienced cyclists.

Cyclists enrolling for this course will be need to be proficient in riding in small groups, have undertaken at least B distance Cyclosporitif and average at least 30 km/h over a 40 km distance.

Cyclists wishing to develop better skills on standing hill climbs, seated hill climbs, interval training, endurance and long distance riding, racing and proper bunch riding together with advanced pedalling techniques – this is the course for you.



Suitable for those wishing to do longer A distance Cyclosporitif rides, Dams Challenge and those doing CWA based criterium events.

Enquiries to PIHCG Director Sportif: ianwee@pihc.com.au

Indoor Cycling Training – Hill Climbing

PIHCG's famous biomechanically and ergonomically structured Indoor Cycling Training for Cyclists is in its third year of operations.

This course will be held from mid Jan 2012 for a period of 6 weeks on Tuesday nights from 730 pm to 830 pm at PIH Performance Enhancement Centre in Melville.

For expressions of interest please email: lucy@pihc.com.au and check our main website: www.pihc.com.au for registrations sign up from mid Dec 2011 onwards.

This course is suitable for all those wishing to do charity events involving riding through the hills in the countryside, A distance Cyclosporitif, Dams Challenge riders.

Will be open to a maximum of 25 riders per course.

Warehouse Wind Training

Ever wished you could ride the hallowed courses such as Paris Roubaix, Dolomites, Ghisello, AG Grand Fondo, mountains of the Giro de Italia and Tour de France?

We are going to bring these challenges to you via video with participants riding their bikes on their wind trainers in the confines of a warehouse!!

Open to up to 40 riders, this program is designed to teach cyclists proper hill climb gearing, seated and standing hill climbs, riding with proper cadence with your riding partner, sprinting and heart rate measurement while riding.

PERTH INTEGRATED HEALTH CYCLING GROUP



PIH Northern Districts Centre
Unit 12, 8 Booth Place
Balcatta (via Erindale Road)
Tel: 9240 5266 Fax: 9240 1522
www.pihc.com.au/cycling

P.O Box 1574, Applecross, 6953

ABN 67 131 803 239

This training program will suit once again those wishing to develop further skills on the bike and hill climbing and considering doing cycling touring as well as local cycling challenges.

Scheduled to run for about 6 to 8 weeks at once a week frequency between Jan to March 2012.

Expressions of interest (must have your own bike and wind trainer) to:
ianwee@pihc.com.au

Note:

To refer to our ongoing cycling training and programs please refer to
www.pihc.com.au

The majority of our programs go through our main clinic website portal for on line registration through Register Now.



Perth Integrated Health Cycling Group