



Cycling Specific Strategies [CSS]

Get ready for the "Degani Kinglake Ride 2009" which will take place again on Sunday 13th September 2009 by getting the right training strategies provided by CSS...

CSS has formed an alliance with SuperSprint to offer Cycling Specific training advice, individual training programs and access to the best services in Melbourne and surrounds.

The Staff at CSS have many years of experience developing training strategies for cyclists of all abilities from juniors through to masters and Elite. Exceptional results have been attained in all areas with many of our Elite cyclists gaining State, National and International results over the past 15 years.

CSS in collaboration with SuperSprint can now offer cyclists wishing to gain that "edge" and achieve their "goals", regardless of personal level or goal. CSS is offering limited places to ensure that a professional and 'value for money' product is supplied.

If your personal vision is to become "Fitter, Faster, increase your Endurance, enhance your Strength and toning, then please contact CSS pronto!

CSS will provide you with;

- Individualised Programs delivered online and powered by <http://home.trainingpeaks.com/> to assist in achieving your goals and personal expectations. The programs will be tailored to suit your individual needs and time availability...
- CSS staff are available to offer support and advice as per your needs, through various means of communication [Website, Email, Phone, Skype, Personal contact]...
- Access to Computrainer services In Melbourne for Assessments, Training and Ongoing testing to ensure your goals are being met...
- Ongoing Webinars...
- Access to Exercise & Technique Video Downloads from our website...
- Very competitive prices depending on your needs...
- Limited participants accepted to ensure that CSS can supply a thorough and personalised service.
- CSS plans Weekend Workshops to cover all aspects of Cycling, including;
 1. Assessments
 2. Ongoing Testing
 3. Skills Sessions [Riding in Bunches, Safe Riding Skills etc]
 4. Goal Setting
 5. Bike Position
 6. Basic Bike Maintenance
 7. Optimising your training time
 8. Nutrition

If you require further information on becoming a participating member of the CSS Program email cyclingspecificstrategies@live.com.au