



Cycling Specific Strategies [CSS]

WORKSHOP/CLINIC

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.

The workshop will commence on Saturday with participants given a scheduled time in 'pairs' to be at the Computrainer Studio, it is expected that your commitment on Saturday will be approximately 1.5hrs and all conducted indoors.

Sunday will be out on the road at venues to be announced, however it is expected that the session will take a total of 4 hours commitment.

The Workshop will be very "hands on" and will include specifics in the following areas;

- Bike position will be checked and advice given by CSS to ensure you have the optimum set up.
- Computrainer Assessment, all participants will be assessed and complete a test 10km Time Trial on the Computrainer.
- Introduction to Strength Endurance [On the bike] training to help you with hill climbing and overall strength development.
- Safety Skills and Pace line riding.
- Advice on Training for your event.
- Goal setting. Whether it is to be world class or simply get fitter.

There are very limited numbers available and you are urged to book by 15th of June with full payment of \$175.

For more information contact CSS at cyclingspecificstrategies@live.com.au

Or call 0413 867 440