

# Cyclists & Triathletes!

*Cycling Specific Strategies [CSS] are offering the following to all Cyclists and Triathletes of all ages and abilities.*

## Saturday 4<sup>th</sup> July Time Trial Clinic

- *Ideal for Cyclists and Triathletes of all abilities*
- *To be conducted at Revive Wellbeing – Elsternwick <http://www.revivewellbeing.com.au> 10am – 1pm*
- *Learn how to improve your Time Trial time, now matter your starting point.*
- *Complete a 10km Time Trial on Computrainer.*
- *Limited to 10 participants to ensure quality.*
- *Have your bike position checked and adjusted to get the maximum out of your bike and body.*
- *See your Average & Maximum Speed, Wattage, Heart Rate, and Cadence on Computrainer.*
- *Have your Pedalling efficiency computer checked with Spin Scan.*
- *Cost \$75*
- *Register by June 19<sup>th</sup>*

## Individual ‘One on One’ Testing

- *Work individually with your Cycling Strategist – Rick Lee*
- *Monday 29<sup>th</sup> – Friday 3<sup>rd</sup> July, pick your time slot, day or evening.*
- *Heart Rate Testing, Get your Zones.*
- *Wattage Zones.*
- *Spin Scan to check your pedalling efficiency.*
- *Advice on training for your event/s*
- *This session will take approximately 1 ½ hours*
- *Cost \$100*
- *Register by June 19<sup>th</sup>*

*Should you require any advice please contact CSS on 0413 867 440 or email Rick on [cyclingspecificstrategies@live.com.au](mailto:cyclingspecificstrategies@live.com.au)*