

Proposed Port Macquarie Triathlon Club Cycling Development Coaching Program

Introduction

The primary focus of these coaching sessions is to develop cycling skills, knowledge and confidence. There is also a training benefit (yes some huff and puff) gained from the sessions. The direct outcome of these coaching workshops is to enable you to compete safely, confidently and effectively in triathlons.

What: There are five cycling workshops listed in the table below.

When: Each fortnight commencing Friday September 9, 6-7.30 AM.

Where: Stuart Park (Basketball Stadium) car park

Who: New and inexperienced Port Macquarie Tri Club Members

Date	Workshop	Activities/Learning Points
9/9	1. Cycling Basics-Let's Do It	Getting on and off the bike Cycling Position Gear selection Pedalling/Cadence Cornering Braking Challenge Riding
23/9	2. Transitions- Changes	Get organised Smooth effective transitions Series of short bike rides/short runs Let's race
7/10	3. Cadence /Speed /Acceleration - Ride Faster	Cadence sets Acceleration drills Speed efforts
21/10	4. Hills- Keep Climbing	Uphills- seated & Standing Gear selection Downhill Hill repeats
4/11	5. 60 Km bunch ride- Cruising	Group etiquette Longer mostly flat ride- get ready for the club Olympic distance race or build to a half IM

The above workshops will continue on a fortnightly basis on the following dates

Date	Workshop	Date	Workshop	Date	Workshop
18/11	1. Cycling Basics-Let's Do It	10/2	1. Cycling Basics-Let's Do It	13/4	1. Cycling Basics-Let's Do It
2/12	2. Transitions- Changes	24/2	2. Transitions- Changes		2. Transitions- Changes
16/12	3.Cadence /Speed /Acceleration - Ride Faster	2/3	3.Cadence /Speed /Acceleration - Ride Faster		3.Cadence /Speed /Acceleration - Ride Faster
13/1	4. Hills- Keep Climbing	16/3	4. Hills- Keep Climbing		4. Hills- Keep Climbing
27/1	5. 60 Km bunch ride- Cruising	30/3	5. 60 Km bunch ride- Cruising		5. 60 Km bunch ride- Cruising