



Essex Roads CC

2010 Winter Turbo Training Programme

A structured Program of 24 weekly sessions every Wednesday from 6th October 2010 to 30th March 2011



- Sessions: Every Wednesday from 8:15 pm to 9:15 pm (set up from 8:00pm)
 - Location: The Scout Hut, Greens Farm Lane, Billericay
- Cost: £4 per session for Essex Roads members and £3 for under 18's
 - Sessions are also open to non-members at £5 per session
 - Free refreshments are provided

This is a structured and progressive programme aimed at all athletes who wish to improve their fitness and skills in preparation for competition. It is suitable for both road/ off-road cyclists and triathletes of all levels. The course will run over 26 weeks, breaking for two weeks over the Christmas period.

Each session will include bike drills, followed by stretching, flexibility and core conditioning exercises. There will be progression from an initial preparation period through several base periods, culminating in final build sessions in the spring.

The first session is an introduction to the programme and will include practical demonstrations of some of the skills, drills, intervals and exercises that will be employed in the programme. During the course the option of fitness testing will be provided in November and again at the end of the programme in the spring.

Apart from a bike, turbo trainer and suitable clothing (you will get hot!) it is recommended that you have a heart-rate monitor, cycle computer with cadence reading, a towel and drinks bottle. Additional free refreshments will be provided after each session.

If you want to join the programme, just turn up any time/ any week. There is no need to pre-register. It would be great to see you there. For much further information about Essex Roads just.....

click on www.essexroads.com - the club that's going places!