

Campus Pedal Prix Training Calendar 2011 Season

Month	April		Date		Date				
			10th		17th				
	Location		Flinders Uni Carpark		Flinders Uni Carpark				
	Green Team		11am - 1pm		11am - 1pm				
	Gold Team		1pm - 3pm		1pm - 3pm				

Month	May		Date		Date		Date		Date
			1st		8th		15th		22nd
	Location		Flinders Uni Carpark		Flinders Uni Carpark		Vic Park - (E/S)		Vic park - all compulsory
	Green Team		11am - 1pm		11am - 1pm		11am - 1pm		11am - 1pm
	Gold Team		1pm - 3pm		1pm - 3pm		1pm - 3pm		1pm - 3pm

Month	June		Date		Date		Date		Date
			5th		12th		19th		26th
	Location		No training		No training		Vic Park - (E/S)		Vic Park
	Green Team		tbc				11am - 1pm		11am - 1pm
	Gold Team						1pm - 3pm		1pm - 3pm

Month	July		Date		Date		Date		Date
			3rd		10th		17th		24th
	Location		Vic Park		Group bike ride		Vic Park - (E/S)		Vic park - all compulsory
	Green Team		11am - 1pm		Meet 9.30am Reynella Interchnage. Ride to McLaren Vale and back.		11am - 1pm		11am - 1pm
	Gold Team		1pm - 3pm		**Details to be provided		1pm - 3pm		1pm - 3pm

Month	August		Date		Date		Date		Date
			7th		14th		21st		28th
	Location		No training		Vic Park		Vic Park - (E/S)		Vic park - all compulsory
	Green Team				11am - 1pm		11am - 1pm		11am - 1pm
	Gold Team				1pm - 3pm		1pm - 3pm		1pm - 3pm

Month	September		Date		Date		Date		Date
			Saturday 3rd***		11th		16th-18th		25th
	Location		Campus Car Park		Group bike ride		Race 3 - M/Bridge		Group bike ride for fun
	Green Team		Under lights 5.30pm to 8pm **Details to be provided		**Details to be provided				**Details to be provided
	Gold Team		Under lights 5.30pm to 8pm **Details to be provided						

Green Team	Random groups of riders from the entire team split up into two training groups. To ensure all riders receive sufficient training in the most time constructive environment.
Gold Team	

All riders are encouraged to bring their bikes to each training for riding on the training circuit in between trike rotations

The 1st training session - bikes compulsory for all new riders - team managers will review each rider on their riding style & ability

(E/S) = Ex-Scholars compulsory training day. However all riders are encouraged to attend Sunday training as often as possible

Group bike ride - team ride along a safe bike track on your own bikes. Approx 2 hr loop. Parents encouraged to ride as well.