

Pedal Prix Training

Every Monday during school term 3-20pm until 4pm

Team Building sessions – meet on the oval at the back of the gym at 3-20pm. Bring a snack to eat before we start, water filled bottle, suitable shoes & clothes for running in, a positive attitude and good listening ears.

Parents picking up children should note that we will be training either on the oval, in the gym or under the CULA.

Please note the dates below, that there will be no Monday Training. Pilgrim has a pupil free day 2/5.

A rest day is given to students the day after each of the 6 hour races. They have usually ridden so hard in the races, there could still be a build up of lactic acid in their muscles, and they need the day to rest from activity.

A number of the first Monday training sessions, will incorporate the rules which are so important for riders to be familiar with for races. We will be playing games that will help students understand these rules.

Term 2			Term 3		
2/5/11	Wk1	No Training see note above	25/7/11	Wk1	Chris Gent
9/5/11	Wk2	Chris Gent or Angela Evans	1/8/11 (Race 31/7)		REST – No Training
16/5/11	Wk3	Chris Gent	8/8/11	Wk3	Chris Gent
23/5/11	Wk4	Chris Gent or Angela Evans	15/8/11	Wk4	Chris Gent or Angela Evans
30/5/11 (Race 29/5)		REST – No training	22/8/11	Wk5	Chris Gent
6/6/11	Wk6	Chris Gent or Angela Evans	29/8/11	Wk6	Chris Gent or Angela Evans
13/6/11	Wk7	Public Holiday No Training	5/9/11	Wk7	Chris Gent
20/6/11	Wk8	Chris Gent or Angela Evans	12/9/11	Wk8	Chris Gent or Angela Evans
27/6/11	Wk9	Chris Gent	16-18 September		24 Hour Race
4/7/11	Wk10	Chris Gent or Angela Evans			