

## Every Thursday Morning during school term 7-45am -8.30am

Option to walk/run or ride a 3km loop. This training is considered fitness training.

For the safety of our riders, they will be grouped in teams of 4-5 riders of similar abilities. They MUST remain in their groups and not leave the rest of their team behind. Likewise, if one team member falls behind, the others must ride with them until they come across one of our walking teams. At that point the responsible adult of the team will make an assessment as to whether the rider rides with the walking team or continues with their cycling team. Recent reported activity in the area has highlighted the need for **everyone** to adhere to this particular rule. Please ensure you discuss this with your child and check that they understand why we have this rule.

### **Wet Weather Training**

If rain has been falling overnight Wednesday, or the weather report on the Wednesday night is forecasting rain either on the Wednesday evening or Thursday morning, **training will be a fitness training session in the COLA**. In this instance, **bikes will not be needed for training** and can be left home unless needed for transport to and from school. The cycle course can become muddy and slippery when wet and we do not want students having to go to school muddy or wet. This is for their safety and comfort.

For those riders also doing cross country training in the first weeks of pedal prix, cross country provides you with a great deal of fitness training and it is important that you attend all your cross country sessions. There will be time to train with your pedal prix team mates at the other sessions in the week. You are still most welcome at our training sessions anytime during these few weeks.

Meet at the shelter on the upper oval (end of Campus Drive) no later than 7.45am.

Those that are riding, please bring

- your bike
- safety helmet
- glasses
- wear suitable footwear
- comfortable clothes may be worn (please ensure you bring correct school clothes to change into after practice).
- water filled bottle

Those that are walking, please ensure you have

- suitable footwear for walking/running
- comfortable clothes as above
- water filled drink bottle

There will be a number of parents and a teacher (Graham Palmer, Thiele) either on bikes or walking the course each week. If any parents would like to join in the sessions to encourage the students or just to improve your own fitness, please contact Angela on 0408 821373 and advise availability, or just turn up on a casual basis.

<b>Term 2 Thursday</b>		<b>Term 3 Thursday</b>	
5/5/11	Wk1	28/7/11	
12/5/11	Wk2	4/8/11	<b>REST DAY (July Race)</b>
19/5/11	Wk3	11/8/11	
26/5/11	Wk4	18/8/11	
2/6/11	Wk5	25/8/11	
9/6/11	Wk6	1/9/11	
16/6/11	Wk7	8/9/11	
23/6/11	Wk8	15/9/11	
30/6/11	Wk9	16-18 September	<b>24 HR RACE</b>
7/7/11	Wk10		