

Get up to Speed



WHAT?

- ◆ 4 HOUR BICYCLE SKILLS COURSE
- ◆ THEN 6 WEEKS DEVELOPING FITNESS, ENDURANCE AND ROAD SKILLS.
- ◆ 18 X 1.5 HOUR CYCLING SESSIONS.

VENUE?

- ◆ Murrarie Sports Complex – skills course only
- ◆ Cycling and endurance course based around Brisbane

WHEN?

- ◆ Skills course – Sun, 31st Jan 2010, 12pm – 4pm – those who have not used clipless pedals
- ◆ Skills course – Sun, 7th Feb 2010, 12pm – 4pm – those who are familiar with the use of clipless pedals
- ◆ Structured cycling training sessions on:
- ◆ From 8th Feb 2010 till 20th March 2010
- ◆ Mon - Road training session – 5am – MB Coaching
- ◆ Wed – Windtrainer session – 6pm – MB Coaching
- ◆ Sat – Road training session – 5am – MB Coaching

COST?

- ◆ FULL COURSE - \$299
- ◆ SKILLS COURSE ONLY - \$85

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