

Beginners Cycling Course

WHAT?

- ◆ 4 HOUR BICYCLE SKILLS COURSE.
- ◆ THEN 4 WEEKS DEVELOPING FITNESS, ENDURANCE AND ROAD SKILLS.
- ◆ 3 - 4 CYCLING SESSIONS PER WEEK.

VENUE?

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

WHEN?

- ◆ Skills course – Sun, 29th January 2012, 12pm – 4pm
- ◆ Structured cycling training sessions
- ◆ From Mon 30th January 2012 – 26th February 2012
- ◆ Mon - Road training session – 5am – MB Coaching
- ◆ Wed – Windtrainer session – 6pm – MB Coaching
- ◆ Fri - Road training session – 5am – MB Coaching – last two weeks
- ◆ Sat – Road training session – 5am – MB Coaching

COST?

- ◆ FULL COURSE - \$325
- ◆ SKILLS COURSE ONLY - \$95

CONTACT : MARCEL BENGTON (LEVEL 2 CYCLING COACH)
12 McDougall Street, Milton, Qld, 4064

Phone: 3367 2488

Phone: 0400 100 270

E-mail: mbcoaching@bigpond.com

MB Coaching



15% of any new bike and accessories for those participating in the beginners cycling course.