

TGS CYCLING TRAINING PROGRAM:- APRIL							
Ride	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents					1 Easter Friday 2	3 Easter Te Awamutu Tour	4 All: Introduction Video Ezy Bayswater 7.00am Waitakes/Coatesville 110km/75km Easy/Slow JB+SB: Andy/Dean JG+SG: Sharon/Stacey Ride altogether All Parents
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	5 Term 1 Break	6	7 All: Introduction Video Ezy Bayswater 5.55am Bayswater Loop 20km Easy/Slow	8	9 All: Introduction Video Ezy Bayswater 5.55am Bays/Beach Road 30km Medium	10 Harry/Cam/Hannah Rotorua Tour 60km/10km	11 All: Introduction Video Ezy Bayswater 7.00am Nth Western/City 75km Easy/Slow JB+SB: Andy/Dean JG+SG: Sharon/Stacey Ride altogether All Parents
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	12 Term 1 Break	13	14 All: Introduction Video Ezy Bayswater 5.55am Bayswater Loop 20km Easy/Slow	15 Coaches Meeting	16 All: Introduction Video Ezy Bayswater 5.55am Bays/Beach Road 30km Medium All	17	18 All: Introduction Cycle For Life 8.30am Cleavdon 107km/55km Hard
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	19 All: Spin Training Old Gym 3.30pm - 6.00pm Old Gym Medium/Technique Clint Andy/Mike/Griff Bike Maintenance Roll Out Check	20 Experienced Riders Clock Tower 5.45am Bays 30km Hard Xpressos	21 All: ITT 1 Video Ezy Bayswater 5.55am Bayswater Loop 3 Laps Hard Mike/Sam/Daymon Dean/Stacey/Sharon	22 Committee Meeting	23 All: Introduction Video Ezy Bayswater 5.55am Bays/Beach Road 30km Medium Andy JG: Stacey/SG: Sharon SB: Dean/JB: Mike	24	25 All Video Ezy Bayswater 6.45am Waitakeres 75/100km Slow Ride/Med Diff. Andy/Clint Split parents into teams Ride altogether All Parents Welcome
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	26 All: Spin Training Old Gym 3.30pm Old Gym Medium/Technique Clint Parent Evening 6.00pm Introduction	27 Experienced Riders Clock Tower 5.45am Bays 30km Hard Xpressos	28 All: TTT Training Video Ezy 5.55am Bayswater Loop 30km Medium JB: Daymon JG: Jo/Donz/Lesley SB: Sam SG: Sharon/Stacey	29	30 All: Introduction Video Ezy Bayswater 5.55am Bays/Beach Road 30km Medium Andy JG: Stacey/SG: Sharon SB: Dean/JB: Mike		