

**TGS CYCLING TRAINING PROGRAM:- AUGUST**

Ride	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	30 <b>All: Spin Training</b> Old Gym 3.30pm Old Gym Hard Clint Mike Andy	31					1 <b>TT5 Schools</b> <b>Liquor King</b> <b>5.30am</b> <b>Waterfront</b> <b>16km</b> <b>Hard</b> <b>Daymon</b> <b>Mike</b> <b>Dean/Sharon/Clint</b> <b>All</b>
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	2 <b>All: Spin Training</b> Old Gym 3.30pm Old Gym Hard Clint Mike Andy	3 <b>Optional: Ride/Spin Class</b> Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	4 <b>All: TTT Skills/Strength</b> Video Ezy Bayswater 5.55am Devonport 3 Laps Medium JB: Daymon JG: Sarah/Stacey SB: Sam SG: Sharon/Dean	5 <b>Optional: Ride/Spin Class</b> Clock Tower/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 6.00am	6 <b>All: Strength/RPM</b> Video Ezy Bayswater 5.55am Devonport Reps 30km Medium Team 1:- Andy Team 2: Dean/Sharon Team 3: Stacey Team 4: Mike	7	8 <b>All</b> Video Ezy Bayswater 6.45am Team 1:- Andy/Clint Team 2: Dean/Sharon Team 3: Stacey Team 4: Mike
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	9 <b>All: Spin Training</b> Old Gym 3.30pm Old Gym Hard Clint Mike Andy	10 <b>Optional: Ride/Spin Class</b> Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	11 <b>All: TTT Skills/Strength</b> Video Ezy Bayswater 5.55am Bayswater Loop 3 Laps Medium JB: Sam JG: Sarah/Stacey SB: Daymon SG: Sharon/Dean	12 <b>Optional: Ride/Spin Class</b> Clock Tower/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 6.00am	13 <b>All: Strength/RPM</b> Video Ezy Bayswater 5.55am Bays/Beach Road 30km Medium Team 1:- Andy Team 2: Dean/Sharon Team 3: Stacey Team 4: Mike	14	15 <b>TT6 Schools</b> <b>Liquor King</b> <b>5.30am</b> <b>Waterfront</b> <b>16km</b> <b>Hard</b> <b>Daymon</b> <b>Mike</b> <b>Dean/Sharon/Clint</b> <b>All</b>
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	16 <b>All: Spin Training</b> Old Gym 3.30pm Old Gym Hard Clint Mike Andy	17 <b>Optional: Ride/Spin Class</b> Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	18 <b>All: TTT Skills/Strength</b> Video Ezy Bayswater 5.55am Devonport 3 Laps Medium JB: Daymon JG: Sarah/Stacey SB: Sam SG: Sharon/Dean	19 <b>Optional: Ride/Spin Class</b> Clock Tower/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 6.00am	20 <b>All: Speed/RPM</b> Video Ezy Bayswater 5.55am Devonport Reps 30km Medium Team 1:- Andy Team 2: Dean/Sharon Team 3: Stacey Team 4: Mike	21	22 <b>All</b> Video Ezy Bayswater 6.45am Team 1:- Andy/Clint Team 2: Dean/Sharon Team 3: Stacey Team 4: Mike
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	23 <b>All: Spin Training</b> Old Gym 3.30pm Old Gym Hard Clint Mike Andy	24 <b>Optional: Ride/Spin Class</b> Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	25 <b>All: TTT Skills/Strength</b> Video Ezy Bayswater 5.55am Bayswater Loop 3 Laps Medium JB: Sam JG: Sarah/Stacey SB: Daymon SG: Sharon/Dean	26 <b>Optional: Ride/Spin Class</b> Clock Tower/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 6.00am	27 <b>All: ITT</b> Video Ezy Bayswater 5.45am All All	28	29 <b>All</b> Video Ezy Bayswater 6.45am Team 1:- Andy/Clint Team 2: Dean/Sharon Team 3: Stacey Team 4: Mike