

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