

TGS CYCLING TRAINING PROGRAM:- JUNE

Ride	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Who/Purpose Meeting Place Time Where Length (km) Coach Coach Coach Parents		1	2	3	4	5	6
		Optional: Ride/Spin Class Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	All: TTT Training Video Ezy Bayswater 5.55am Bayswater Loop 3 Laps SB: Daymon JBA: Sam SG+JGA: Sarah JBB+JGB: Mike/Dean Sharon/Stacey	Optional: Ride/Spin Class Clock Tower/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 6.00am	All: ITT 2 Video Ezy Bayswater 5.45am Bayswater Loop 4 Laps Mike Andy Dean Stephen/Stephen Sharon/Stacey/Lesley		All: Bunch Ride Video Ezy Bayswater 6:30am 70km Andy/Clint: Group 1 Sharon/Stacey: Group 2 Mike: Group 3 All welcome
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Coach Coach Parents	7	8	9	10	11	12	13
	All: Spin Training Old Gym 3.30pm Old Gym Medium/Technique Clint Andy Mike Griff Stacey	Optional: Ride/Spin Class Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	All: TTT Training Video Ezy 5.55am Bayswater Loop 30km Medium SB+JBB: Daymon JBA: Sam SG+JGA+JGB: Sarah Mike/Dean Sharon/Stacey	Optional: Ride/Spin Class Clock Tower/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 6.00am	All: TTT Skills Video Ezy Bayswater 5.45am Devonport 30km Lapping/Starts Andy: Group 1 Dean: Group 2 Sharon/Stacey: Group 3 All welcome		TT3 Schools Gladstone Apts 5.30am Waterfront 16km Daymon Mike Dean/Sharon/Clint All welcome
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Coach Coach Parents	14	15	16	17	18	19	20
	All: Spin Training Old Gym 3.30pm Old Gym Hard Clint Andy Mike Griff Stacey	Optional: Ride/Spin Class Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	All: TTT Training Video Ezy Bayswater 5.55am Bayswater Loop 3 Laps Medium SB+JBB: Daymon JBA: Sam SG+JGA+JGB: Sarah Mike/Dean Sharon/Stacey	Optional: Ride/Spin Class Clock Tower/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 6.00am	All: Bunch Ride Video Ezy Bayswater 5.45am Bays/Beach Road 30km Medium Andy: Group 1 Dean: Group 2 Sharon/Stacey: Group 3 All welcome		TT Saving Day or Bunch Ride
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Coach Coach Parents	21	22	23	24	25	26	27
	All: Spin Training Old Gym 3.30pm Old Gym Hard Clint Andy Mike Griff Stacey	Optional: Ride/Spin Class Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	All: TTT Training Video Ezy 5.55am Bayswater Loop 30km Medium SB+JBB: Daymon JBA: Sam SG+JGA+JGB: Sarah Mike/Dean Sharon/Stacey	Optional: Ride/Spin Class Clock Tower/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 6.00am	All: TTT Skills Video Ezy Bayswater 5.45am Devonport 30km Lapping/Starts Andy: Group 1 Dean: Group 2 Sharon/Stacey: Group 3 All welcome		TT4 Schools Gladstone Apts 5.30am Waterfront 16km Daymon Mike Dean/Sharon/Clint All welcome
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Coach Coach Parents	28	29	30				
	All: Spin Training Old Gym 3.30pm Old Gym Hard Clint Andy Mike Griff Stacey	Optional: Ride/Spin Class Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	All: TTT Training Video Ezy Bayswater 5.55am Bayswater Loop 3 Laps Medium SB+JBB: Daymon JBA: Sam SG+JGA+JGB: Sarah Mike/Dean Sharon/Stacey				