

| TGS CYCLING TRAINING PROGRAM:- MAY | | | | | | | |
|--|--|--|---|----------|--|----------|---|
| Ride | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents | | | | | | | 1 All Video Ezy Bayswater 6.45am Waitoki 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 | All: Spin Training Old Gym 3.30pm Old Gym Hard/Technique Clint | Experienced Riders Clock Tower 5.45am Bays 30km Hard Xpressos | All: TTT Video Ezy Bayswater 5.55am Bayswater Loop 3 Laps Medium JB: Mike JG: Daymon SB: Dean SG: Sam | | All: Introduction Video Ezy Bayswater 5.55am Bays/Beach Road 30km Medium JB: Mike JG: Stacey SB: Dean SG: Sharon | | 8 TT1 Schools Waterfront 5.45am Waterfront+Ride 16km Hard Daymon All |
| Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents | All: Spin Training Old Gym 3.30pm Old Gym Hard/Technique Clint | Experienced Riders Clock Tower 5.45am Bays 30km Hard Xpressos | All: TTT Training Video Ezy 5.55am Bayswater Loop 30km Medium JB: Daymon JG: Jo/Donz/Lesley SB: Sam SG: Sharon/Stacey | | All: Introduction Video Ezy Bayswater 5.55am Bays/Beach Road 30km Medium JB: Mike JG: Stacey SB: Dean SG: Sharon | | 15 All Video Ezy Bayswater 6.45am Waitakes/Coatesville 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 | All: Spin Training Old Gym 3.30pm Old Gym Hard/Technique Clint | Experienced Riders Clock Tower 5.45am Bays 30km Hard Xpressos | All: TTT Video Ezy Bayswater 5.55am Bayswater Loop 3 Laps Medium JB: Mike JG: Daymon SB: Dean SG: Sam | | All: Introduction Video Ezy Bayswater 5.55am Bays/Beach Road 30km Medium JB: Mike JG: Stacey SB: Dean SG: Sharon | | 22 TT2 Schools Liquor King 5.45am Waterfront+Ride 16km Hard Daymon/Simon All |
| Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents | All: Spin Training Old Gym 3.30pm Old Gym Hard/Technique Clint | Experienced Riders Clock Tower 5.45am Bays 30km Hard Xpressos | All: TTT Training Video Ezy 5.55am Bayswater Loop 30km Medium JB: Daymon JG: Jo/Donz/Lesley SB: Sam SG: Sharon/Stacey | | All: Introduction Video Ezy Bayswater 5.55am Bays/Beach Road 30km Medium JB: Mike JG: Stacey SB: Dean SG: Sharon | | 29 All Video Ezy Bayswater 6.45am Waitakes/Coatesville 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 | All: Spin Training Old Gym 3.30pm Old Gym Hard/Technique Clint | | | | | | 31 |