

**TGS CYCLING TRAINING PROGRAM:- SEPTEMBER**

Ride	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents			1 All: TTT Video Ezy Bayswater 5.55am Devonport 3 Laps Medium JB: Daymon JG: Sarah/Stacey SB: Sam SG: Sharon/Dean	2	3 Sch Indiv Champs          Individual TT    All	4 Sch Indiv Champs          Points Race    All	5 Sch Indiv Champs          Hill Climb    All
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	6 All: Spin Training Old Gym 3.30pm Old Gym Hard Sam	7 Optional: Ride/Spin Class Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	8 All: TTT Video Ezy Bayswater 5.55am Bayswater Loop 3 Laps Medium JB: Sam JG: Sarah/Stacey SB: Daymon SG: Sharon/Dean	9 Optional: Ride/Spin Class Clock Tower/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 6.00am	10 All: Speed/RPM Video Ezy 5.55am Aberdeen Road 24km Medium Team 1:- Andy Team 2: Dean/Sharon Team 3: Stacey Team 4: Mike	11	12 TT Finals Liquor King 5.45am Waterfront 16km Hard Daymon Mike Dean/Sharon/Clint All
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	13 All: Spin Training Old Gym 3.30pm Old Gym Hard Sam	14 Optional: Ride/Spin Class Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	15 All: TTT Video Ezy Bayswater 5.55am Devonport 3 Laps Medium JB: Daymon JG: Sarah/Stacey SB: Sam SG: Sharon/Dean	16 Optional: Ride/Spin Class Clock Tower/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 6.00am	17 All: Bunch Riding Video Ezy 5.55am Aberdeen Road 24km Medium Team 1:- Andy Team 2: Dean/Sharon Team 3: Stacey Team 4: Mike	18	19 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	20 All: Spin Training Old Gym 3.30pm Old Gym Hard Sam	21 Optional: Ride/Spin Class Pakwan/St Josephs 5.45am/7.00pm Bays/St Josephs 30km Spin Class 7.00pm Dean Xpressos 5:45am	22 JB: TT Training Video Ezy 5.55am Bayswater Loop  Hard JB: Sam JG: Sarah/Stacey SB: Daymon SG: Sharon/Dean	23	24   Motel  Palmerston North	25 NZ Sch Nat Champs   Levin	26 NZ Sch Nat Champs   Fielding   All
Who/Purpose Meeting Place Time Where Length (km) Difficulty Coach Parents Coach Parents	27 NZ Sch Nat Champs   Manfield Auto Circ.   All	28	29	30			