

## Ironmums Cycle Challenge Programme Overview

**Program Size:** 9 participants max

**Program Leader:** Liz Stapleton

**Program Goal:** Make Friends, Improve Fitness and Bike Confidence for Female Riders from Sydney's Northern Beaches in order to compete and enjoy a 100km ride at the Newcrest Orange Cycle Classic on March 4 2018

**Start Point:** Terry Hills Car Park at 6.30am; participants should be ready to roll at 6.30am so we advise an earlier arrival time. Bike lights should not be required at this time though a bike light is always a good safety precaution.

**Insurance:** Riders must all have RIDE membership with CA and sign disclaimer

**Group:** Mixed group but all should ensure their bike is road worthy and that they exhibit basic levels of confidence in traffic. All will have previous riding experience though not necessarily recent. Course emphasis is on improving fitness as well as skills. No mountain bikes or hybrids. All participants should be using cleats (we can help you transfer)

**Expectations:** A 100+km ride is a massive achievement and requires riders to attempt to attend all group training sessions and do some of their own rides between. A basic minimum of 3-4 exercise times during the week ( of which 2 are likely a bike ride, spin session or indoor bike session) will ensure participants enjoy the bike training and complete the Challenge easily with energy to spare!

Date	Time	Venue	Session Summary
1 Sunday 12 November	6.30am to 8.30am	Meet At Terry Hills 20km - 40km depending on level	Session to assess individual start point, skills required and fitness level. Spin out to West Head for advanced group.
2 Sunday 26 November	6.30am to 8.30am	Meet At Terry Hills 20km - 40km depending on level	Workshop on gear changing Advanced group to do a West Head circuit after workshop Starter group to do Booralie Road circuit
3 Sunday 3 December	6.30am to 9am	Meet at Terry Hills  30km -50km depending upon level	Workshop on drinking and eating whilst cycling  Advanced group to do a West Head circuit after workshop Starter group to do Akuna Bay and McCarrs
4 Sunday 17 December	6.30am to 9am	Meet at Terry Hills All to do West Head (40-50km)	Advanced group to include Akuna Bay there and back Starter group to do West Head only
5 Sunday 14 January	6.30am to 9am	Meet at Terry Hills All to do West Head (40-50km)	Advanced group to include Akuna Bay there and back Starter group to do West Head only (Same as last imte because some will not have been on bikes over Christmas)
6 Sunday 21st January	6.30am to 10am	Meet at Terry Hills Akuna Bay 40km	Ascending and Descending Workshop Hill Repeats on Akuna Bay - number depends upon level
7 Sunday 28th January	7am to 10am	Meet at Terry Hills  All to do West Head (50km)	Pace Interval Workshop  Some Faster Paced Efforts on Westhead - number depends on level
8 Sunday 11th February	7am to 10am	West Head & Akuna Bay Circuit 50-70km <b>(Or if preferred M7 Trip)</b>	More advanced group to include a trip to Bayview on way out to West Head. Non stop ride - take nutrition with you
9 Sunday 25th February	7am to 10am	Four Gorges 70km	Non stop Ride Take All Nutrition With You
10 Sunday 4th March	7am	Ironmums Challenge in the Newcrest Orange Classic 100km	Two groups - advanced and starter group