

CBA Training Calender 2019 LEVEL 1-2

This program is based on km (unless otherwise specified)



		Mon	Tues (AM)	Wed	Thurs (AM)	Fri (AM)	Sun	Total KM - AVG
		Rest	Level 1-2	Rest	Levels 1-2	Fri (AM)	Level 1-2	Level 1-2
10	4-Mar-2019	Build	Rest	Rest	Rest	40	Rest	40
11	11-Mar-2019	Build	Rest	Rest	Rest	40	Rest	40
12	18-Mar-2019	Big wk	Rest	Rest	Rest	40	Rest	40
13	25-Mar-2019	Rest wk	Rest	20	Rest	20	40	80
14	1-Apr-2019	Build	Rest	20	Rest	20	40	80
15	8-Apr-2019	Build	Rest	20	Rest	20	40	60
16	15-Apr-2019	Big wk	Rest	20	Rest	20	40	75
17	22-Apr-2019	Big wk	Rest	20	Rest	20	40	40
18	29-Apr-2019	Rest wk	Rest	20	Rest	Signature Tour Stage 1 136kms		Tour
19	6-May-2019	Build	Signature Tour Stage 4 176kms	Signature Tour Stage 5 132kms	Signature Tour Stage 6 150kms	Signature Tour Stage 7 136kms	Signature Tour Stage 8 200kms	Rest
20	13-May-2019	Build	Rest	20	Rest	20	40	20
21	20-May-2019	Big wk	Rest	30	Rest	20	40	30
22	27-May-2019	Big wk	Rest	30	Rest	20	40	30
23	3-Jun-2019	Rest wk	Woolworths Stage 2 -	Woolworths Stage 3 -	Rest	20	40	0
24	10-Jun-2019	Build	Rest	30	Rest	20	40	30
25	17-Jun-2019	Build	Rest	30	Rest	20	40	35
26	24-Jun-2019	Big wk	Rest	30	Rest	20	40	50
27	1-Jul-2019	Big wk	Rest	30	Rest	20	40	50
28	8-Jul-2019	Rest wk	Rest	30	Rest	20	40	0
29	15-Jul-2019	Build	Rest	30	Rest	20	40	50
30	22-Jul-2019	Big wk	Rest	30	Rest	20	40	50
31	29-Jul-2019	Rest wk	Rest	30	Rest	20	40	20
32	5-Aug-2019	Ready to Move to Level 3						
33	12-Aug-2019	Train with Levels 3-6, see New Training program						
34	19-Aug-2019	Train with Levels 3-6, see New Training program						
35	26-Aug-2019	Train with Levels 3-6, see New Training program						
36	2-Sep-2019	Train with Levels 3-6, see New Training program						
37	9-Sep-2019	Train with Levels 3-6, see New Training program						
38	16-Sep-2019	Train with Levels 3-6, see New Training program						
39	23-Sep-2019	Train with Levels 3-6, see New Training program						
40	30-Sep-2019	Train with Levels 3-6, see New Training program						
41	7-Oct-2019	Train with Levels 3-6, see New Training program						
42	14-Oct-2019	Pre tour	Rest		BIKE SERVICED + NEW TYRES Full			
43	21-Oct-2019	Pre tour	Rest		BIKE SERVICED + NEW TYRES secondary		CBA Tour	
44	28-Oct-2019	Tour	CBA Tour	CBA Tour	Rest	Rest	Rest	Rest
45	4-Nov-2019	Rest wk	Rest	Rest	Rest	Rest	Coffee	Rest

Key	Km/Hr Average
Ride, Yoga, swim	Mix up your training
TDC Supported Rides	Lane Cove, Centennial, Lapa, Sunday Rides have two
OWN RIDING	Challenge every Ride. Two options for Stage or Full
Zwift with TDC	8pm Thursdays on ZWIFT
Rest weeks	Use the weekend off to go out, spend time with the

TIPS & TRICKS	
Maintain your bike - lube chain regularly, service every 2000km, check tyre tread, replace before	
Check your tyre pressure daily - should be 100 - 110psi	
Maintain your body - sleep & eat well & regular massage	
Recognise your away time from your family. Thank them for supporting your training program	
If you're feeling tired & run down - hot and cold showers, massage, electrolytes, swim	
Remember kids are going thru chemo and all you need to do is ride	

Bike Service - Full	Full service, suggest brake cables, gear cables, full cassette clean, assess chain, handlebar grip, lube hubs, check crank, pick rear cassette. Suggest 11-28 or higher up to 11-32. New tyres with suitability for wet. Conti 4000 are very good. Make sure rear and front light work
Bike Service - Secondary	Take the bike back and get a final tune after changing

Location of Training Rides	
Tuesdays and Thursdays will be run by David Collins and Victor De Sousa	
Location of training will be either Lane Cove National Park, Centennial Park or Heffron Park	
Some training will occur as 1 on 1 on the weekends	
Details on Level 1 and 2 training rides will be found on the the TDC NSW State Training Squads where you can enrol in the training squads being offered	

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