

NSW Training Team South Hub Supported Sunday Ride Schedule



Level 3-4										
Wks Out	Week Starting	Sunday	Master Plan KMs	Ride Name	Start Point	Strava Route	KMS	Elevation		
11	5-Aug-2019	11-Aug-2019	70	TDC Kurnell	Centennial Park	https://www.strava.com/routes/20503931	73km	558m		
10	12-Aug-2019	18-Aug-2019	70	TDC Akuna	Maisys - Neutral Bay	https://www.strava.com/routes/20504518	70km	1030m		
9	19-Aug-2019	25-Aug-2019	100	TDC Brooklyn	Maisys - Neutral Bay	https://www.strava.com/routes/20504946	90km	1491m		
8	26-Aug-2019	1-Sep-2019	90	TDC Dawn Patrol	Maisys - Neutral Bay	https://www.strava.com/routes/20504361	90km	1324m		
7	2-Sep-2019	8-Sep-2019	0	TDC Waterfall	Centennial Park	https://www.strava.com/routes/20644479	90km	935m		
6	9-Sep-2019	15-Sep-2019	0	TDC Brooklyn	Maisys - Neutral Bay	https://www.strava.com/routes/20504946	90km	1491m		
5	16-Sep-2019	22-Sep-2019	70	TDC Akuna	Maisys - Neutral Bay	https://www.strava.com/routes/20504518	70km	1030m		
4	23-Sep-2019	29-Sep-2019	80	TDC Waterfall	Centennial Park	https://www.strava.com/routes/20644479	90km	935m		
3	30-Sep-2019	6-Oct-2019	120	TDC Dawn Patrol + WH	Maisys - Neutral Bay	https://www.strava.com/routes/20504462	117km	1896m		
2	7-Oct-2019	13-Oct-2019	120	TDC Mt White + Bobbo	Maisys - Neutral Bay	https://www.strava.com/routes/20504860	113km	1892m		
1	14-Oct-2019	20-Oct-2019	100	TDC West Head Return Beaches	Maisys - Neutral Bay	https://www.strava.com/routes/20504658	105km	1608m		
0	21/10/19	27-Oct-2019	C4C Tour Time							
Level 5-6										
Wks Out	Week Starting	Sunday	Master Plan KMs	Ride Name	Start Point	Strava Route	KMS	Elevation		
11	5-Aug-2019	11-Aug-2019	110	TDC Shire & Lapa	Centennial Park	https://www.strava.com/routes/20503955	101km	908m		
10	12-Aug-2019	18-Aug-2019	120	TDC Palmy Double Akuna & Back	Maisys - Neutral Bay	https://www.strava.com/routes/20505247	117km	1826m		
9	19-Aug-2019	25-Aug-2019	140	TDC Calga + Bobbo	Maisys - Neutral Bay	https://www.strava.com/routes/20505423	132km	2152m		
8	26-Aug-2019	1-Sep-2019	120	TDC Dawn Patrol + WH	Maisys - Neutral Bay	https://www.strava.com/routes/20504462	117km	1896m		
7	2-Sep-2019	8-Sep-2019	0	TDC RNP	Centennial Park	https://www.strava.com/routes/20644495	105km	1354m		
6	9-Sep-2019	15-Sep-2019	0	TDC Mt White + Bobbo	Maisys - Neutral Bay	https://www.strava.com/routes/20504860	112km	1892m		
5	16-Sep-2019	22-Sep-2019	100	TDC West Head Return Beaches	Maisys - Neutral Bay	https://www.strava.com/routes/20504658	105km	1608m		
4	23-Sep-2019	29-Sep-2019	130	TDC Reverse Stanwell	Centennial Park	https://www.strava.com/routes/17059514	116km	1338m		
3	30-Sep-2019	6-Oct-2019	170	TDC Windsor Loop	Pattisons - St Ives	https://www.strava.com/routes/12208339	147km	2040m		
2	7-Oct-2019	13-Oct-2019	150	TDC Eftalong Loop	Maisys - Neutral Bay	https://www.strava.com/routes/18004878	138km	2135m		
1	14-Oct-2019	20-Oct-2019	100	TDC West Head Return Beaches	Maisys - Neutral Bay	https://www.strava.com/routes/20504658	105km	1608m		
0	21/10/19	27-Oct-2019	C4C Tour Time							
NORTH HUB All rides L4+ (if enough demand we will add easier L3 option and support separately)										
Wks Out	Week Starting	Sunday	Master Plan KMs	Ride Name	Start Point	Strava Route	KMS	Elevation		
11	5-Aug-2019	11-Aug-2019	70		Not offered					
10	12-Aug-2019	18-Aug-2019	70	TDC West Head/Mona Vale	Pattisons - St Ives		75km	1000m		
9	19-Aug-2019	25-Aug-2019	100	TDC Palm Beach via Akuna	Pattisons - St Ives		85km	1300m		
8	26-Aug-2019	1-Sep-2019	90	TDC Calga	Pattisons - St Ives		100km	1300m		
7	2-Sep-2019	8-Sep-2019	0	Akuna/West Head/MonaV/Duffys	Pattisons - St Ives		95km	1400m		
6	9-Sep-2019	15-Sep-2019	0	TDC 4 Gorges	Pattisons - St Ives		77km	1300m		
5	16-Sep-2019	22-Sep-2019	70	TDC Palm Beach via Akuna	Pattisons - St Ives		85km	1300m		
4	23-Sep-2019	29-Sep-2019	80	TDC 4 Gorges & Brooklyn	Pattisons - St Ives		101km	1700m		
3	30-Sep-2019	6-Oct-2019	120	TDC Windsor Loop	Pattisons - St Ives	https://www.strava.com/routes/12208339	147km	2040m		
2	7-Oct-2019	13-Oct-2019	120	Akuna/West Head/Palm Beach	Pattisons - St Ives		112km	1800m		
1	14-Oct-2019	20-Oct-2019	100	TDC Calga	Pattisons - St Ives		100km	1300m		
0	21/10/19	27-Oct-2019	C4C Tour Time							

Last Updated

30/7/19

PLEASE NOTE

Rides above are a guide and are subject to change and you should always refer to the NSW Training Team Strava Club for the final rides on offer

<https://www.strava.com/clubs/TDC-NSW-STATE-TRAINING-SQUAD>

