



## Tour de Cure Training Calendar - Rider Level 2019 to 2020

Date Holidays	28-Oct	4-Nov	11-Nov	18-Nov	25-Nov	2-Dec	9-Dec	16-Dec	23-Dec Xmas	30-Dec Xmas	6-Jan	13-Jan	20-Jan Aus Day	27-Jan	3-Feb	10-Feb	17-Feb	24-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	6-Apr	13-Apr Easter	20-Apr	27-Apr	4-May				
Event	Tour Dates		Duration	Week from event	3	2	1	Tour 14 Nov																								
Peter Mac 19	14 Nov to 18 Nov		4 days	Week from event	3	2	1	Tour 14 Nov																								
Peter Mac 19	Refer to PM Training plan		Ability	Level 4	Level 4	Level 4	Tour Ready																									
Life Ride 19	23 Nov to 25 Nov		3 days	Week from event	4 Bike Service	3	2	1	Tour 23 Nov																							
Life Ride 19	Refer to Life Training Plan		Ability	Level 4	Level 4	Level 4	Level 4	Tour Ready																								
Westpac 20	8 Mar to 10 Mar		3 days	Week from event	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4 Bike Service	3	2	1	Tour 8 Mar								
Fundraising	Milestones						Raised	\$775				Raised	\$1,550				Raised	\$2,325					Raised	\$3,100								
Westpac 20	Refer to Westpac Training Plan		Ability	Level 1	Coffee Ride 10 Nov	Level 1	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 3	Level 3	Level 3	Level 3	Level 4	Level 4	Level 4	Level 4	Tour Ready									
Signature Tour 20	26 Mar to 3 Apr		9 days	Week from event	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4 Bike Service	3	2	1	Tour 26 Mar						
Fundraising	Milestones						Raised	\$3,000					Raised	\$6,000				Raised	\$9,000				Raised	\$12,000								
Signature Tour 20	Refer to Sig Tour Training Plan		Ability	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	Level 4	Level 4	Level 4	Level 4	Level 5	Level 5	Level 5	Level 5	Level 5				
Signature Tour 20 Tour Experience	26 Mar to 28 Mar or 1 Apr to 3 Apr		2 days	Week from event	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4 Bike Service	3	2	1	Tour 26 Mar / 1 Apr						
Fundraising	Milestones						Raised	\$875					Raised	\$1,750				Raised	\$2,625				Raised	\$3,500								
Signature Tour 20 Tour Experience	Refer to Sig Tour Training Plan		Ability	Level 1	Level 1	Level 1	Level 1	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 3	Level 3	Level 3	Level 3	Level 4	Level 4	Level 4	Level 4	Tour Ready						
SA Discovery 20	1 May to 3 May		3 days	Week from event	26	25	24	23	22	21	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4 Bike Service	3	2	1	Tour 1 May	
Fundraising	Milestones											Raised	\$625					Raised	\$1,250				Raised	\$1,875				Raise	\$2,500			
SA Discovery 20	Refer to SA Training Plan		Ability	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	Level 3	Level 3	Level 3	Level 3	Level 4	Level 4	Level 4	Level 4	Tour Ready

Level	Standard	Bike Skills	Peloton Skills	Strength	Endurance	Achievement
Level 1	New Rider	Learning 1. Can clip in/out 2. Braking & steering skills 3. Gear changing		N/A	N/A	New Learner
Level 2	Intro	Learning 1. Can ride in all handlebar positions (hoods, flats, drops) 2. More effective gear changing 3. Multi riding positions	Learning 1. To ride in close proximity to others (2 up, 4 up, 6 up – mini group) 2. Singles / Doubles movement 3. Turning & lane changing 4. Calling obstacles & peloton movement	10-30km flat @ 20+km/h	10-50km per week	Learning Bike Skills / Learning peloton skills on closed roads
Level 3	Intro +	Learning 1. Effective cadence 2. Descending, incl. drops riding position 3. Descends in the drops	Learning 1. Comfortable riding side-by-side in a peloton 2. Spacing control within a peloton 3. Efficient peloton dynamics 4. Descending in a peloton	30-70km @ 22-24km/h on flat terrain	50-100km per week	Learning peloton & bike skills on public roads
Level 4	Intermediate	Learning 1. Descending techniques 2. Eating & drinking while riding 3. Gear changing according to terrain	Learning Peloton skills 1. Rollers vs climbs 2. Gears vs gradient vs speed 3. Climbing as a peloton	90-120km on flat & hilly terrain @ 23-26km/h in a peloton (23km/h solo)	150-250km per week	Minimum requirement for 2-4 day tour or stages
Level 5	Experienced	1. Confident descending technique 2. Comfortable handling in all road & weather conditions	1. Comfortable in a peloton in all riding conditions 2. Constant fine tuning of peloton dynamics	100-150km at 1000-1500m @ 26-30km/h in a peloton (24-26km/h solo)	200-300 km per week (with back to back long ride)	Any TdC Tour Ready, in a peloton. Min level medic
Level 6	Advanced	Higher level of bike handling in all road & weather conditions	Higher peloton dynamic skills incl. 1. Finer skills of 'engine room' 2. Finer skills of midpeloton dynamics 3. Shepherd / mentor riders	120-150km at 1500m @ 28-32/km/h in a peloton (25-29km/h solo)	250+ km per week (with multiple back to back rides)	Reliable & competent 'engine room' and peloton tuner. Min. Day mechanics
Level 7	Advanced Ride Leader	Higher level of bike handling in all road & weather conditions Plus ride & radio operation skills	Ride Management development 1. Higher level peloton dynamics fine tuning 2. Actively managing 'people vs skill' 3. Accident site management training 4. Briefing & training skills	120-150km at 1500m @ 28-32/km/h in a peloton (25-29km/h solo)	300+ km per week (with multiple back to back ride)	Trainer & ride leader on tour
Level 8	Advanced Peloton Manager & 2IC	Higher level of bike handling in all road & weather conditions Plus ride & radio operation skills	Advanced peloton management development 1. Higher actively managing 'people vs skills' 2. Assign & monitor roles 3. Higher briefing & training skills 4. Higher 'on-tour' traffic management 5. Effective leadership	120-150km at 1500m @ 28-32/km/h in a peloton (25-29km/h solo)	300+ km per week (with multiple back to back ride)	Assessor/Trainer of trainers/PM & 2IC on tour