



Tour de Cure Training Calendar - Rider Level 2020

Date	Holidays	2-Dec	9-Dec	16-Dec	23-Dec	30-Dec	6-Jan	13-Jan	20-Jan	27-Jan	3-Feb	10-Feb	17-Feb	24-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	6-Apr	13-Apr	20-Apr	27-Apr	4-May	
Event	Tour Dates	Duration	Week from event	Xmas	Xmas	Xmas	Xmas	Xmas	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	Aus Day	
Signature Tour 20	26 Mar to 3 Apr	9 days		16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Tour 26 Mar					
Fundraising	Milestones							Raised	\$6,000											Raised	\$12,000				
Signature Tour 20	Refer to Sig Tour Training Plan		Ability	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	Level 5	Level 5	Level 5	Level 5	Level 5
Signature Tour 20	26 Mar to 28 Mar or 1 Apr to 3 Apr	2 days		16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	Tour 26 Mar / 1 Apr					
Fundraising	Milestones							Raised	\$1,750											Raised	\$3,500				
Signature Tour 20	Refer to Sig Tour Training Plan		Ability	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 4	Level 4	Level 4	Level 4	Level 4	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	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																			