



Tour de Cure Training Calendar - Rider Level 2020 to 2021

| Date | 15-Jun | 22-Jun | 29-Jun | 6-Jul | 13-Jul | 20-Jul | 27-Jul | 3-Aug | 10-Aug | 17-Aug | 24-Aug | 31-Aug | 7-Sep | 14-Sep | 21-Sep | 28-Sep | 5-Oct | 12-Oct | 19-Oct | | | | | | | |
|-----------------------------------|---------------------------------|--------|-----------------|--------------------|---------|---------|---------|------------|---------|---------|---------|--------------------|---------|---------|---------|-----------------|---------|----------------|--------------------|---------------------|-------------|--|--|--------------------|--|-------------|
| Signature Tour 20 | 8 Oct to 16 Oct | 9 days | Week from event | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 Book Bike Svc | 3 | 2 Bike Service | 1 | Tour 8 Oct | | | | | | |
| Fundraising | Milestones | | | Fundraising | | | | 50% | | | | Fundraising | | | | 75% | | | Fundraising | | 100% | | | | | |
| Signature Tour 20 | Refer to Sig Tour Training Plan | | Ability | 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 5 | Level 5 | Level 5 | Level 5 | Level 5 | | | | | | |
| Signature Tour 20 Tour Experience | 8 Oct to 16 Oct | 2 days | Week from event | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 Book Bike Svc | 3 | 2 Bike Service | 1 | Tour 8 Oct / 15 Oct | | | | | | |
| Fundraising | Milestones | | | Fundraising | | | | 25% | | | | Fundraising | | | | 50% | | | Fundraising | | 75% | | | Fundraising | | 100% |
| Signature Tour 20 Tour Experience | 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 | Tour Ready | | | | | | |

You are required to attend a minimum of five x 50km+ TDC organised rides prior to Tour. You will be assessed by the TDC Ride Leadership team at the organised rides, and given a 'Skill Level' and a 'Fitness Level'. Your overall 'Tour Ready Level' will be the lower of these two levels to give you the opportunity to upskill if necessary. Do you have questions? Ask your Ride Leader on your next ride.

| Tour Ready Level | Min Rq for Tour | Standard | Achievement | SKILL LEVEL | | FITNESS LEVEL | |
|------------------|--|--------------------------------|--|--|---|---|---|
| | | | | Skill / Bike | Skill / Peloton | Fitness / Strength | Fitness / Endurance |
| Level 1 | Entry Level | New Rider | New Learner | Learning 1. Can clip in/out 2. Braking & steering skills 3. Gear changing | N/A | N/A | N/A |
| Level 2 | 16 Wks prior to 2-4 day Tours 28 Wks Sig Tour | Intro | Learning Bike Skills / Learning peloton skills on closed roads | 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 |
| Level 3 | 12 Wks prior to 2-4 day Tours 20 Wks Sig Tour | Intro + | Learning peloton & bike skills on public roads | Learning 1. Effective cadence 2. Descending, incl. drops riding position 3. Descends in the drops | Learning 1. Comfortable riding sideby-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 |
| Level 4 | 4 Wks prior to 2-4 day Tours 12 Wks Sig Tour | Intermediate | Minimum requirement for 2-4 day tour or Tour Experience | 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 4. Effective anticipation & movement | 90-120km on flat & hilly terrain @ 23-26km/h in a peloton (23km/h solo) | 150-250km per week |
| Level 5 | 4 wks prior to Sig Tour | Experienced | Any TdC Tour ready, in a peloton. Min level medic | 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) |
| Level 6 | | Advanced | Reliable & competent 'engine room' and peloton tuner. Min. Day mechanics | 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) |
| Level 7 | | Advanced Ride Leader | Trainer & ride leader on tour | 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) |
| Level 8 | | Advanced Peloton Manager & 2IC | Assessor/Trainer of trainers/PM & 2IC on tour | 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) |