



Tour de Cure Training Calendar - Rider Level 2021

Date	16-Nov	23-Nov	30-Nov	7-Dec	14-Dec	21-Dec	28-Dec	4-Jan	11-Jan	18-Jan	25-Jan	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar		
Holidays																					
Event	Tour Dates	Duration																			
Westpac 21	13 Mar to 16 Mar	3 days	Week from event	17	16	15	14	13	12	11	10	9	8	7	6	5	4 Book Bike Svc	3	2 Bike Service	1	Tour 14 Mar
Fundraising	Milestones		Fundraising	25%					Fundraising	50%					Fundraising	75%				Fundraising	100%
Westpac 21	Refer to Westpac Training Plan		Ability	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

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)