

## Pedal Prix Training

### Every Monday during school term 3-20pm until 4pm

Team Building sessions – meet on the oval at the back of the gym at 3-20pm. Bring a snack to eat before we start, water filled bottle, suitable shoes & clothes for running in, a positive attitude and good listening ears.

Parents picking up children should note that we will be training either on the oval or in the gym. Parents must come and collect their child from Ms Gent at the gym unless they are riding home, walking home or going to OSHC.

Please note the dates below, particularly in reference to the start of term.

A rest week is given to students the week after each of the 6 hour races. They have usually ridden so hard in the races, there could still be a build up of lactic acid in their muscles, and they need the rest from activity.

A number of the first Monday training sessions will incorporate the rules. These are important for riders to be familiar with for safety during races. We will be playing games that will help students understand these rules.

Term 2			Term 3		
29/4/13	Wk 1	No Training	22/7/13	Wk 1	Chris Gent
6/5/13	Wk 2	No Training	29/7/13	Wk 2	REST – No Training (race 28/7)
13/5/13	Wk 3	Chris Gent	5/8/13	Wk 3	Chris Gent
20/5/13	Wk 4	No Training – Thiele pupil free	12/8/13	Wk 4	Chris Gent
27/5/13	Wk 5	Chris Gent	19/8/13	Wk 5	Chris Gent
3/6/13	Wk 6	REST – No Training (race 2/6)	26/8/13	Wk 6	Chris Gent
10/6/13	Wk 7	Public Holiday No Training	2/9/13	Wk 7	Chris Gent
17/6/13	Wk 8	Chris Gent	9/9/13	Wk 8	No Training Campus Show Day
24/6/13	Wk 9	Chris Gent	16/9/13	Wk 9	Chris Gent
1/7/13	Wk 10	Chris Gent	20-22 September		24 Hour Race