

CRT's ROAD CYCLING INTERVAL TRAINING

(Ability Level – Intermediate)

Every Wednesday morning @ 6.00am (all year round)



REQUIREMENTS:

- Road Racing Bike – no MTB's, no hybrids, no flat bar road bikes. Proper road shoes and pedals
- Current Australian Standard Helmet – preferably no more than 4 years old!!!
- Carry spare tubes, pump, tyre levers
- Lights (front and rear) - Winter time compulsory
- Money for coffee afterwards if you have time to stop

INTERVAL TRAINING is an integral part of your training week and DOES improve your cycling. At some point, probably between 240 and 320klms per week, just riding more isn't enough! You have to add substantial doses of intensity, too. Once you reach 8-10 hours of cycling per week, improvement slows dramatically or even reverses unless intervals, fast climbs or other hard efforts are included in the mix.

CRT Interval Training - covers speed work, cadence, power & strength output, S&E sessions.

Swap a leisurely midweek cruise for a short session of **High-Intensity Interval Training** (HIIT). A few brief, gut-busting sessions can improve your endurance as well as much longer rides do. Going hard can prep your muscles to go long.

TIME: Every Wednesday morning from 6.00am to 7.15am

VENUE: Kings Park (undulating terrain)

MEETING POINT: 5.55am - Brew Ha Café, Rokeby Road, Subiaco

FINISH: 7.25am back @ Brew Ha Café

COST: "CRT Loyalty Card" - pay for 11 sessions and get the 12th Session FREE = \$71.50. Individual sessions—\$7.00.

Card is valid for 6 months from date of purchase

(email crt@iinet.net.au to arrange card & payment. Card will be handed out @ your first training session.

Payment can be made using CRT's Credit Card facilities or Direct Debit banking - details provided on request)

