

Fluid Movements Cycling Program – Winter 2016

This is the year to improve your cycling.

Are you a triathlete who is sick of giving up ground on the bike leg?

Have you been commuting and riding Beach Road, but want to take the next step and take on a sportive ride?

Have you been riding for a while but can't work out why you're not getting any faster?

Have you wanted to try bike racing, but aren't sure how to get involved? Or worried you can't cut it?

Are you tired of keeping your mates waiting at the top of the climbs? They say they don't mind waiting for you, but just once you'd rather you'd have to wait for them...

Yes? Then this is the program for you. There's an old saying in Cycling: *it never gets easier – you just get faster*. But it's important to know the difference between riding and training. Getting a coach and spending the winter months learning techniques and training methods that will serve you forever is time well spent. We will work with you and show you how to train, how to fix small errors you've picked up in training, technique and nutrition, and train you with a group of like-minded riders chasing a common goal.

Whether your goal is Amy's Gran Fondo, getting a win in a road race, getting through your first 100km ride, or tackling the hills with confidence – or even just riding with your mates without getting dropped, this program will give you what you're after.

We'll give you the confidence to never pack your Myki when heading out on a long ride again.

The Fluid Movements Cycling program will be based on two distinct squads, **Challenge Crew** and **Fluid Racing**. Both give you the guidance of a Cycling Australia accredited coach with years of bike and triathlon racing experience. Both give you the option to join our training camps and racing trips, and join our supported teams at Peaks Challenge Gold Coast and Amy's Gran Fondo.

If you want to go from bike rider to bike racer, train on a proven program to turn you into the hard man or woman of your bunch, Fluid Racing is for you.

If you want to make your first steps into group training to make serious improvements in your riding no matter your level, and want to set your mind at a specific challenge – and smash it – **Challenge Crew** is for you. We'll work together to get you to Gold Coast Peaks Challenge in the best form of your life.

1. Challenge Crew

- No set weekly program, you'll join the Challenge Rides and work with the coach to devise a plan to tackle your specific training goal.
- Joining the Fluid Racing squad rides on Wednesday and Saturday.
- Invited to training camps and race trips to Peaks Challenge Gold Coast and Amy's Gran Fondo.

- No payment for training, you'll pay for camps and race trips if you decide to join.
- Aimed at riding the challenge rides, suggested goal is Gold Coast Peaks Challenge

AIM: You can complete a 100km+ road ride, or similar hill challenge.

2. Fluid Racing

- Racing program designed at building confidence and race skills, and transforming your overall road riding strength.
- Aimed at anyone looking to break into road racing, or just develop the skills to become a better bike rider or cycling triathlete.
- Targeting 3 Northern Combine road races (refer calendar), with the specific goal being Gold Coast Peaks Challenge, then Amy's Gran Fondo
- Paid monthly for training program, no additional charges for training camps to race trips
- Fully supported crew on race days, opportunity to race in team uniform and
- We will assist you to arrange Cycling Australia licence or 3 race pass. Bike Network, Cycling Australia, Triathlon Australia or similar insurance cover is required.
 - There will be a focus on team building, events and building to the events.

AIM: At the end of the winter the riders are stronger, see an increase in FTP, VAM, and TT. They can ride in races with confidence and high cadence. They have developed race skills and can achieve their race goals at Amy's Gran Fondo.

Key Events

Gold Coast Peaks Challenge 14 August

Similar to Falls creek Peaks Challenge (formerly 3 Peaks), this event takes on the Gold Coast hinterland in an unforgettable day on the bike.

This will be a 3 day tour open to all, and will be the winter goal for the Challenge Crew athletes, and a key race day for Fluid Racing. We will seek expressions of interest in late March, with a limit on the squad size of 20. Priority will be given to Fluid Racing and Challenge Squad members.

The tour will follow a similar format to the TDU tour conducted by Fluid Movements in January 2016.

Amy's Gran Fondo 11 September

A 110km sportive on fully closed roads, this is one of the great cycling events in Australia. The best athletes will be chasing a qualifying performance to represent Australia at the UCI World Amateur Championships.

This will be the conclusion of the Winter cycling program, and we will organise team accommodation and an after party. It should be a fun weekend away and riders will be encouraged to bring their partners and families along. We'd aim to have all cycling squad members along.

Northern Combine races (Fluid Racing squad only)

To take advantage of the Cycling Australia 3 race licence, we've targeted 3 winter road races to give riders an introduction into the world of road racing. Anyone who is interested in being coached into their first foray into the often bewildering world of bike racing will get an excellent opportunity to do so, as part of the Fluid Racing squad.

Riders will enjoy race day support, coaching and two seminars on race skills and race craft to give you the all the background knowledge you'll need before taking on your first real bike race. You'll get the chance to develop your skills over the season, to give you the best possible shot at Amy's Gran Fondo and Peaks Gold Coast.

Challenge Rides (Challenge Crew only)

These will follow the format of previous years. New roads, new experiences, getting out of the comfort zone (if not out of the saddle). The rides are a no-drop affair, with multiple re-groups. Not all involve hill climbs, but all will involve a challenge, a dose of adventure and plenty of coffee stops.

Suggest weekly training schedule for Fluid Racing

| Day | Time | Venue | Session |
|--------------------|--------|--------------------|--|
| Monday | 6:00am | Hawthorn velodrome | Speed intervals, inc. drills and technique work, aimed at increasing cadence |
| Wednesday (week 1) | 6:00am | Kew Boulevard | Hill intervals to build power and strength |
| Wednesday (week 2) | 6:00am | Various | Tour de Burbs, various locations. Pack ride with hill intervals. |
| Wednesday (week 3) | 5:45am | Beach Road | Join the Fluid Tri squad for a 55km negative split return from Mordialloc. |
| Friday | 6:00am | Various | Own venue up to 60min ride, less intense if racing Saturday. Suggested to join the TFeMme Women's ride, Admiral's CC or the ACDC rides |
| Saturday | 7:30am | Various | See calendar below for races and Challenge Ride dates. On weeks without events we'll alternate Kinglake and Dandenongs hill rides |
| Sunday | 7:30am | Beach Road | Easy coffee ride if raced Saturday, longer flat ride if not. |

Calendar of events

| Date | Event | Fluid Racing | Challenge Crew |
|--------------|---|--------------|----------------|
| 7 May | Challenge ride | X | X |
| 21 May | Northern Combine race 1 – South Gisbourne | X | |
| 28 May | Challenge Ride | | X |
| 18 June | Challenge Ride | | X |
| 9 July | Northern Combine race 2 – Newham | X | |
| 30 July | Challenge Ride | | X |
| 14 August | Gold Coast Peaks Challenge | X | X |
| 20 August | Challenge Ride | | X |
| 27 August | Northern Combine race 3 – Woodend | X | |
| 11 September | Amy's Gran Fondo – Lorne | X | X |