



## CYCLE SPACE SCHEDULE

<b>THURSDAY</b>	Afternoon afternoon	Clients arrive from mid afternoon
	Evening	Welcome, dinner and briefings

<b>FRIDAY</b>	From 7.30am	Breakfast (and chat about goals and objectives for the day)
	8.45am	4 hour cycle (approx) with coffee break First 2 hours - flatter route to concentrate on group-riding skills and exercises Second 2 hours - hillier route with emphasis on climbing and descending technique
	1.30pm	Lunch at HQ
	2.45 - 3.45pm	Afternoon lecture - Theme: Nutrition and hydration on the bike
	3.45 - 5.30pm	Bike specific pilates, core and flexibility
	5.30pm	Break for tea, drinks and nutritious snacks
	5.30 - 7.30pm	Free time and massage option
	7.30pm	Dinner (and chat about the following day's plans)
	From 9pm	Free time and massage option

<b>SATURDAY</b>	From 7.30am	Breakfast (and recap about plans for the day)
	8.45am	Six hour cycle (approx) with morning and afternoon coffee break and lunch break
	1.15pm	Pub lunch (or lunch at HQ*)
	5.30pm	Return to HQ
	6 - 7.30pm	Free time and massage option
	7.30pm	Dinner
	8.30pm	Evening talk and Coaching Clinic (key questions for our panel to answer will be requested in advance) or massage option. Chat about following morning's plans.
	From 9.30pm	Free time and massage option

<b>SUNDAY</b>	From 7.30am	Breakfast (and chat about plans for the morning)
	8.45am	Time Trial - ride out first thing to location Practice run and time trial Coffee break and final cycle home  Option for pilates and relaxation
	1pm	Lunch at HQ, prize giving and debrief
	From 2.30pm	Depart

\*Please note that if the weather prohibits any cycling, other cycling related activities or other will be arranged - please see information under *Bad weather* for further information.