

Eastern Members – Mid-week Training

Our regular midweek training sessions are going really well but we still have room for a few more. Tuesday nights indoor ergo sessions are a great time effective way to improve your power and fitness, while thursdays morning ride is ideal if you can spare the morning to work on your endurance (while in good company). Just to let out a secret, our tuesday night participants have been conspicuous in the winners circles over the last few weeks! Details for both below.

TUESDAYS

- Indoor training on our specially built fan drive "Ergos" which give realistic resistance training while the fan cools you down
- When: Tuesday nights 6.45 - 8pm Allow a few minutes to get the bike setup (have your seat height measurement)
- Where: Nicks house of pain unit 1/1 Milton Street Heathmont
- Bring: Shoes mountain bike /SPD style (SPD pedals are provided) otherwise you will need to bring your own pedals towel, water bottle, HR monitor
- If you haven't attended before book your place ring Nick on 97235164 BH

We provide: The bike, music and a session program with an instructor

Note: To cover the cost of the ergometers and their maintenance we are asking for a \$4 donation per session.

THURSDAYS

Time to pull another sickie, leave the dishes in the sink, and let the Kerri-Anne morning show go on without you. Join those elite sportsmen from the Croydon crew on a solid road training ride through the dandenongs. Last weeks ride was a little wet but the weather is looking much better this week. Be prepared for a bit of rain though.

- When. Thursdays 7th 9am sharp!
- Where. Meet at Croydon Cycleworks (if leaving your car please park it behind the shop or in lushier road)
- Distance. Aiming for 80 to 110km approx via Gembrook and Emerald 3-4hours at moderate pace. The hills do make this a fairly hard ride though.
- Don't forget food, spares, and money to lend me for coffee and cake

cheers, Mick