

PERFORMANCE CYCLE COACHING

with Sarah Hunter

B.Sc Hons University of Wales

Cert 3 Fitness

Accredited Level 1 Triathlon Coach



These sessions will take your riding to the next level.

Intervals sessions

Everyone can benefit from these structured intervals, whether you are an experienced cyclist or relative newcomer to the sport.

The sessions will help you to get stronger and faster on the bike and also have some fun along the way.

Cost: \$10 / session

Skills sessions

These sessions are for small groups and designed to improve your bike handling skills. From cornering, to descending, to riding in a pack and hill climbing - it's all covered.

Cost: \$15 / session

WHEN: Tuesday 5:45 a.m. There may be scope for another time slot later.

WHERE: Meet at the Town of Cambridge Offices on Bold Park Dr, Floreat.

FTP Tests

Functional Threshold Power testing using your bike on a state of the art KICKR. The result of the test will determine your power and heart rate training zones.

The results from your FTP tests will tell you where you're starting from, where you want to go and if you're getting there.

Cost: To be set.

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