

# GREAT VIC BIKE RIDE

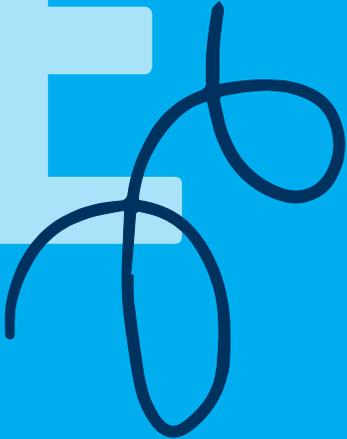
# TRAINING GUIDE



**GREAT VIC  
BIKE RIDE**



**GREAT VIC**  
**THE**  
**“PRE-TRAINING PLAN”**  
**PLAN**  
**BIKE RIDE**



# WELCOME TO PART 1 OF YOUR TRAINING PLAN

*How to  
navigate  
this toolkit*

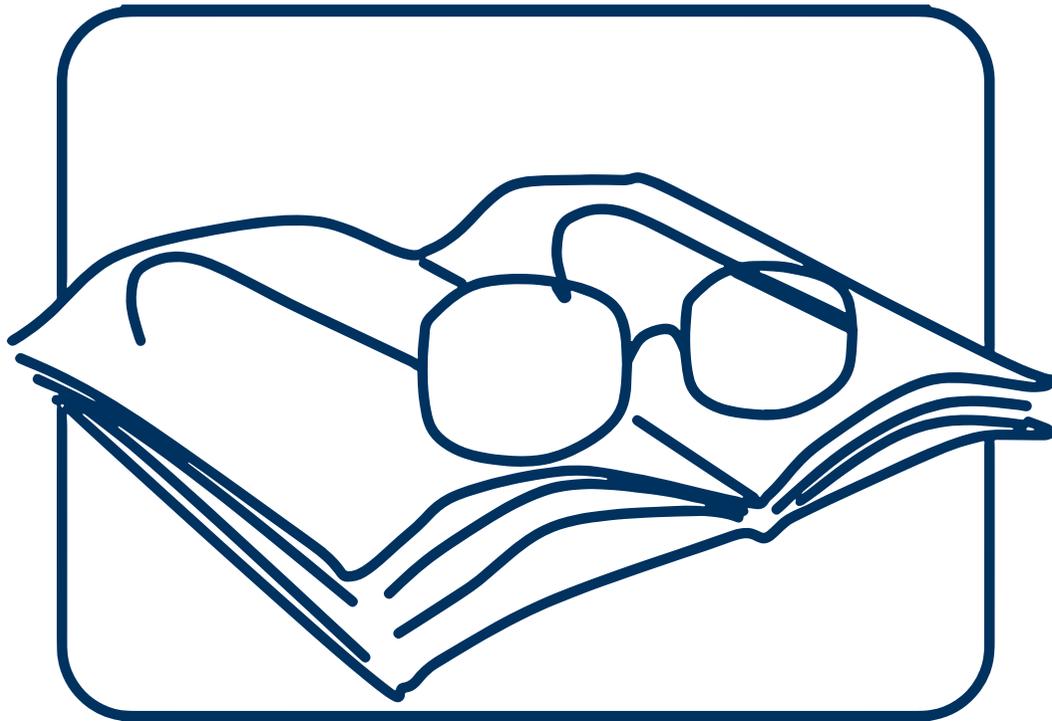


School is out for the year, you are on holidays, but you are already thinking about the next year's Great Vic Bike Ride!

Whilst it might be a little early to get into some formal training, that isn't to say you cannot get stuck into some prep now. You can get that bike out of the garage, start thinking about some activities you can do on your holidays, and slowly begin working towards kick-starting your training plan mid next year.

In this Prep Kit you will find some tips to get you started, tips on what to wear on the bike, making sure your bike is in good working order as well as what to snack on during those rides. There is also an easy way to track your activity over summer. From walks, runs, team sport and even bike riding, all the time outside adds up and will help you down the track! Right now, it is all about fitness, being active and getting all forms of exercise in; just get moving! Later on in 2021, you will be all set to commence a bit more of a structured plan with some specific sessions aimed to have you ready to pedal come the big event!

# YOUR CHECKLISTS



## *Equipment*

This checklist is all about your bike – making sure it is in good working order, serviced, cleaned and your tyres pumped up.

## *Clothing*

What to wear, how to protect yourself, all whilst being Sunsmart! All you need to know about kitting up for training rides and what to wear on event day

## *Snacks!*

Fueling your rides; before, during, and after! Think of your body as the engine that is needed to pedal the machine. You don't put dirty fuel in a car, so the same goes when it comes to eating and drinking on the bike. From jam sandwiches to chocolate milk, this is your guide!

# MAKING SURE YOUR BIKE IS G2G!

*Tips to ensure your  
bicycle is Great Vic  
ready!*

## *First up! Book in your bike for a service*

Just like Mum and Dad's car - your bike needs to be serviced every 3-6 months (depending on how much you ride). The bike mechanic can check over your bike and make sure everything is in working order. This means less things are likely to go wrong when out on the bike. So make sure you ask Mum and Dad to book your bike in at the local bike shop before you begin your training - and then once before the big event!

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## *Have you pumped up your tyres?*

It is important to check your tyre pressure before every ride to make sure that there is enough air in there! This will help the bike roll easier, as well as reduce the likelihood of getting a flat tyre whilst on the road!

You can find the recommended pressure (PSI) written on the side of the tyre (e.g. 60-75 PSI). If you aren't sure then you can get Mum and Dad to help you out with this.

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## *Have you oiled your chain?*

Another good habit to get into is to make sure that your chain is oiled before you go out riding. Ask Mum and Dad to help you with this. The bike shop will be able to help you pick the right chain lube for your bike, and show you how to make sure there is enough oil on your chain before you ride. A dry chain wears out quicker, and also wears out other bike parts. If your chain is squeaking, chances are it needs some lubricated love!

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## *Pack a spares kit*

Even with the best laid plans, sometimes we can run into a spot of bother on the road. Anything from a flat tyre to a screw coming loose. When you are in at the bike shop, be sure to ask about a spares kit. This will include a spare tube, some tyre levers, a pump and a special tool called a "multi-tool" which can help tighten or loosen bolts depending on what needs fixing!

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## *Safety first*

When out riding on bike paths, the roads, or in big bunches like on the ride, you need to make sure that people can hear you coming! So we don't have to use our voices all the time, it is a good idea to secure a bell to your bike. Most bikes should already have one when they are sold to you, but if not, then make sure you pop into your local bike shop and grab one before you saddle up and hit the trails. A quick ring of the bell let's people know you are coming.

# KITTING UP FOR A RIDE

*Safe,  
sunsmart  
and stylish!*

## *Wear a helmet*

You might think they are dorky, but helmets save lives. Even the best bike riders in the world fall off and hit their head from time to time, so when it comes to safety, a well-fitted helmet is the most important thing you can wear as a rider. Be sure to take the time to go to your local bike shop and make sure your helmet is correctly fitted, isn't too old and starting to wear out...and if it is then finding a new helmet to fit you might be the way to go.

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## *Protect your hands*

The first thing we usually do when we fall is put our hands out to stop us. If we fall off our bike we want to make sure our hands are protected, which is why gloves are important! Not only do they protect us, but they also help provide padding and support for long rides when we are holding onto the handlebars. There are lots of options out there, so it is best to find a pair that are comfortable, lightweight and have some gel padding in the palm.

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## *Sunsafe*

Sunscreen, sunglasses and a UV protective top! Before your ride, remember to apply sunscreen to all areas of skin that are exposed, especially your arms, legs and back of the neck (sometimes it is easy to forget this one!)

Sunglasses will protect your eyes from the sun as well as bugs and their things floating in the air (and the wind itself!), and a UV resistant shirt (either a cycling jersey, sports top) will help protect your skin under your shirt too. A t-shirt is fine, but sometimes when we get hot and sweaty it can become uncomfortable. Cycling jerseys or a sports top are a little lighter, breathe a little easier and make riding that little bit easier. If you are going to opt for a standard t-shirt or sports top, just be sure that it has sleeves on it to cover your shoulders! Saving you from gravel rash and sunburn.

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## *Get a good set of bike shorts (knicks)*

When doing smaller rides and building up to the event, normal shorts are okay, however the more you ride, the more you might find that your bottom gets a bit sore. Investing in a set of bike shorts (or knicks) might be a little \$\$ but they will save you when out on the bike. They have a special bit of padding in them which helps protect your bottom, as well as breathes and prevents chaffing.

When it comes to working out which pair is right for you, visiting a bike shop and trying some pairs on will be a good idea and will mean you pick the right pair

# FOOD

=

# FUEL

*Making sure you are eating and drinking enough whilst riding. Tips on what to eat and when to snack!*

## *When to eat?*

When out riding it is easy to get distracted and not think about eating on the bike, but before we know it, our tummies are rumbling and we are hungry!

There will be dedicated stops on the the GVBR, but when training it is important to eat enough too. Try to pack some snacks and have a small bite to eat every 60-90 minutes, to top up those fuel stores in your working muscles! The trick is to not eat so much that your tummy aches, but enough to keep it from rumbling.

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## *What to eat*

When we are exercising, our body's preferred fuel source is sugar (also known as carbohydrates). The reason for this is that they are easy to eat, quick to digest and can get all the good stuff to our muscles very quickly. BUT, it is important to eat the right type of sugar, so that we feed our body sustained fuel for energy, rather than something that will give us a sugar high and then a "crash" (where we get tired!)

Good snacks on the bike are anything that are relatively low in fibre and high in carbohydrates, such as:

- ~ - bananas
- ~ - muesli bars
- ~ - jam sandwich
- ~ - vegemite sandwich (bit of sodium in there too!)
- ~ - handful of lollies or snakes
- ~ - trail mix

As soon as you hop off the bike it is important to feed your body the right foods to help it recover. This is a mix of protein and carbohydrate. It doesn't need to be anything fancy, but something as simple as an Up n Go or Chocolate milk are scientifically proven to be a great option!

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## *How much to drink?*

Lots of your rides will most likely be in the sun or when it is a little warm, so it is important to make sure you have a water bottle on your bike and that you are sipping regularly. Just like when it comes to eating, try not to drink too fast and get a stomach ache. An easy way to avoid this is to take a sip at regular intervals (such as every 10-15 minutes) and aim for 1 x water bottle every hour or so. That way you stay hydrated. This is important to prevent dehydration but also to make it easier for the oxygen to get to your working muscles.

# 6 WEEK PHYSICAL ACTIVITY CHALLENGE

*How to build those  
fitness points!*

01

Every bit of exercise helps. When we exercise, we not only burn energy, but we also help build our bodies into superior exercising machines. Whilst all exercise is good for us, not all exercise is quite the same. Sometimes we are more tired after some activities, or we might find we sweat a bit more, breathe a bit heavier, or work a bit harder. So how do we know if we are getting fitter? We track it!

02

How do we track it? Easy! The following scorecard and scoring system has been developed to help you keep track of the activity you complete over the holidays (the months of December and January). Whilst it is a 6-week program, it doesn't matter if you don't complete the 6 weeks, just track the activity you do, and you can reflect on it at the end. You can also continue this into 2021 if you like, there is no such thing as enough exercise!

# PHYSICAL ACTIVITY POINTS SYSTEM

## *How it works*

Each type of physical activity has been given a score (e.g. 30-minute walk = 0.5 bike points, 60 minutes of running around kicking a footy = 0.8 bike points, 1 x 60-minute ride at a leisurely pace = 1 bike point, 1 x 60-minute ride at a moderate pace = 1.5 bike points.

The aim is to meet your weekly “bike points” target, with the target increasing over the weeks.

## *Track your points*

You have also been given a score-card. This card is where you can write down your daily and weekly “bike points” totals, keeping track of the days you have completed some physical activity.

An example scorecard has been provided for you, as well as a template that you can print out as many times as you need, keeping them all together to track and compare at the end!

## *Bonus points?*

If you complete some more than half of your weekly total with friends or family (exercise is always more fun when done together let’s be honest!) then you get an extra 5(!) bike points that week!

You can also get your friends and family members to join in, making it a healthy competition to complete over the holidays, maybe even coming up with some prizes for your household or classmates!

# SCORECARD: HOW MUCH IS EACH ACTIVITY WORTH?

## *How it works*

By using the scoring system as a guide, you will work out how many points each activity is worth.

For example if it is exactly as prescribed by the points, then that is how many you have accumulated. If you do 2 x the duration (i.e. 2 h of moderate bike riding; then this would be 2 x 1.5 points = 3 points!

A little bit of Maths to keep those brains ticking over the holidays!



## *0.5 bike points*

- ~ Walking for more than 60 minutes
- ~ 20 mins + running
- ~ Any 'light' exercise
- ~ Any form of skateboarding or scootering



## *0.8 bike points*

- ~ 60 minutes team sport (kicking the footy, throwing the ball around, frisbee etc.)



## *1 bike point*

- ~ 60 mins of 'easy' bike riding
- ~ 60 mins of running
- ~ Any other 'moderate' exercise
- ~ 30-40 minutes of intense team sport activities



## *1.5 bike points*

- ~ 60 mins of 'moderate' bike riding (so you are huffing and puffing ever so slightly, working up a sweat.

# SCORECARD: RECORD YOUR ACTIVITY HERE

Use the following scorecard to add up all your physical activity points!

Weekly total =  
5 bike points

**MONDAY**

60 mins of  
running = 

**TUESDAY**

**WEDNESDAY**

120 mins of  
footy with  
mates =



**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

60 mins bike  
ride with mum =



Weekly total =  
3.6 bike points  
+ 5 bonus  
= 8.6 points!

# SCORECARD: RECORD YOUR ACTIVITY HERE

Use the following scorecard to add up all your physical activity points!

*Weekly total =*

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

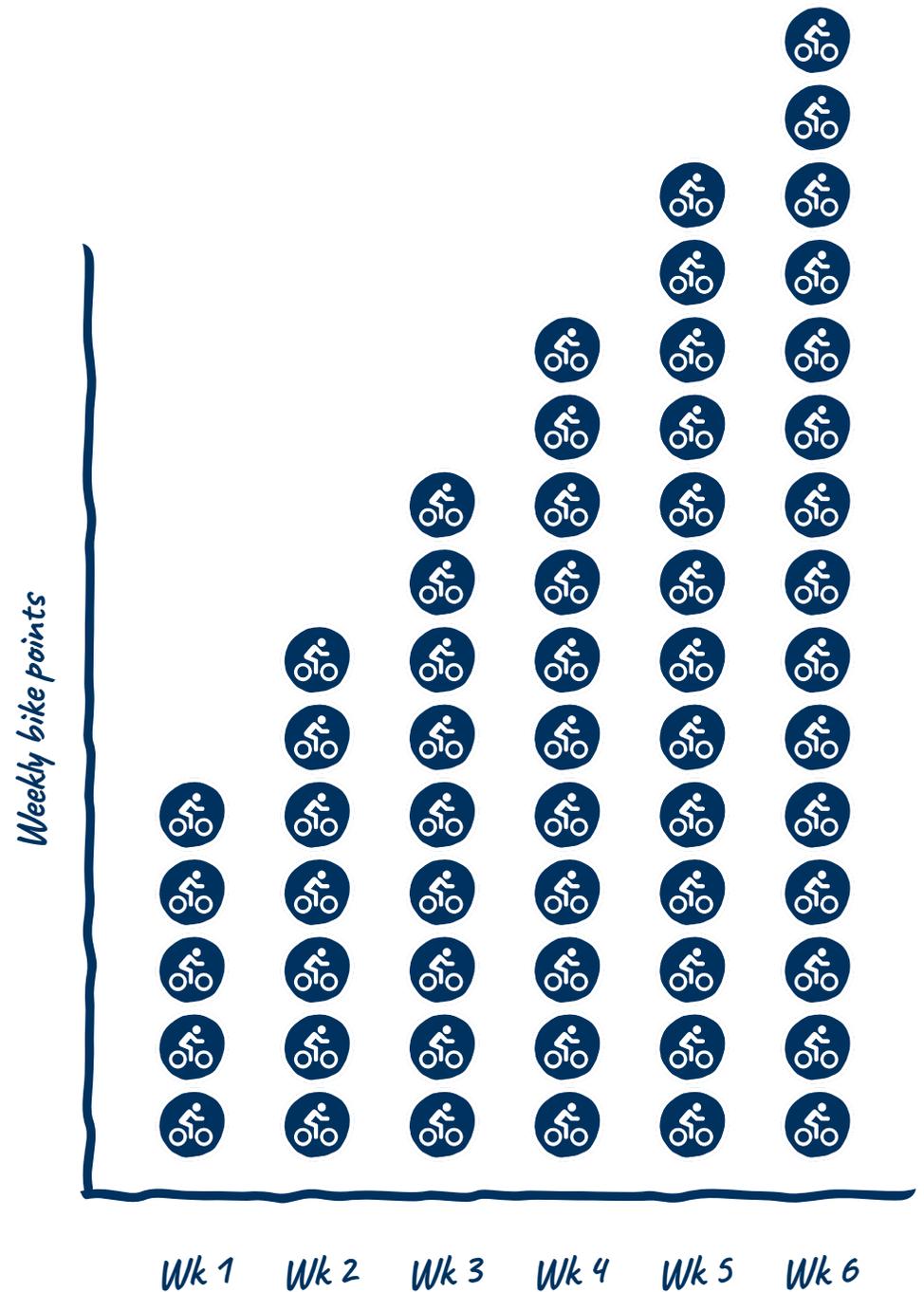
**SUNDAY**

*Weekly total =*

# WEEKLY POINTS TARGETS

*It all adds up*

- 01 Week 1 = 5 points
- 02 Week 2 = 7 points
- 03 Week 3 = 9 points
- 04 Week 4 = 11 points
- 05 Week 5 = 13 points
- 06 Week 6 = 15 points



# TIME TO GET MOVING

*Wrap up!*



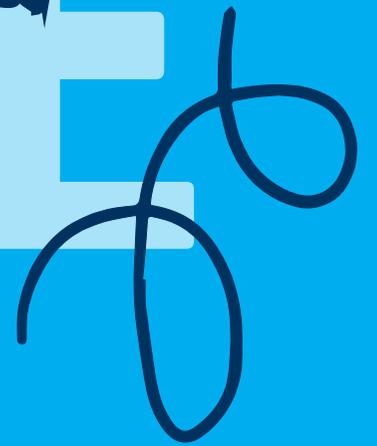
Now you should have all the tools you need to begin your physical activity journey and to begin tracking your workouts.

Buddy up with a friend, family member or classmate and see how many points you can get over the coming months!





**GREAT VIC  
THE 6 MONTH  
TRAINING PLAN  
BIKE RIDE**



# WELCOME TO PART 2 OF YOUR TRAINING PLAN



*How to navigate  
this toolkit*

Congratulations and welcome to your 6-month training plan/toolkit. Before you know it, you will be gearing up for the Great Vic Bike Ride, so now is the time to kick off your official 6-month plan!

6 months you say?! That seems like an awfully long time?! Don't be alarmed, whilst it is a long period of time it will fly by and before you know it, it will be December.

So what does a training plan involve exactly?

Building on what we have done in Part 1 of your program, we will now be focusing more on specific bike sessions, some bike skills, as well as fitness targets for the months that lie ahead. The more time you spend on the bike in the lead up to the event, the easier it will be to get through the back-to-back days on the bike.

You have picked up all the tips and tricks from Part 1 of your program, so now it is time to start logging some rides and working on your bike skills.

Included in this program are:

- ~ 6 x 1 monthly plans
- ~ Introduction to measuring training load and why recovery is important
- ~ 6 x skills session cards which will accompany the program.
- ~ Wildcard challenges

# LET'S TALK TRAINING



## *Measuring training load*

Whilst you don't need to have a power meter on your bike, a heart rate monitor or even a bike computer, it is a good idea to always make note of the duration of your ride, and how hard it felt. Together the volume (duration) and intensity (how hard it felt) make up what we call training load. It is important to measure training load to make sure we aren't overdoing it

## *How to track intensity*

Every session in your program is given an overall score /10. This is what we call 'Rate of Perceived Exertion' or how hard it should feel. Then at the end of the week, you will have a target that you are aiming for (known as your weekly load). This is a combination of duration and intensity.

## *Recovery is key!*

Just like the bike sessions, recovery is important too! That is why we have included some rest days and easier weeks in the program to make sure you're not a sizzled sausage by the time you get to December!



# MONTHLY

**JUNE - DECEMBER  
AND EVERYTHING  
IN BETWEEN.**



*Note: you can swap sessions around each week to suit your schedule - just try and fit the number of sessions described in each week - as to what day - you can pick and choose these!*

# JUN

*Aim: accumulate 2-3 sessions a week*

	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly score
WK 1	<i>Time to get the bike out of the garage!</i>		20-minute pedal after school - light <b>SCORE: 3/10</b>		Misc. physical activity <b>SCORE: 3/10</b> 		<i>Time to plan next week and when you will exercise.</i>	<i>Aim: 6</i> <i>Actual:</i>
WK 2	<i>Sundays are when you check the weather forecast for the week ahead!</i>	★ Skills Session: Pick any! <b>SCORE: 4/10</b>		Exercise session with a friend after school <b>SCORE: 2/10</b>			60 mins pedal with Mum or Dad or a family member <b>SCORE: 2/10</b>	<i>Aim: 8</i> <i>Actual:</i>
WK 3		30-minute pedal after school - moderate <b>SCORE: 4/10</b>			40-minute pedal after school - light <b>SCORE: 6/10</b>			<i>Aim: 10</i> <i>Actual:</i>
WK 4	<i>Recovery week! Try and get an extra half hour of sleep 3 nights this week!</i>		★ Skills Session: Drink bottle pick-up <b>SCORE: 4/10</b>	Exercise session with a friend after school <b>SCORE: 2/10</b>				<i>Aim: 6</i> <i>Actual:</i>
WK 5	60 mins pedal with Mum or Dad or a family member <b>SCORE: 2/10</b>	<i>Monthly challenge! See how far you can ride in 60 mins! Write it down here! DISTANCE COVERED: _____ km</i>		40-minute pedal after school - light <b>SCORE: 5/10</b>			90 mins pedal with Mum or Dad or a family member <b>SCORE: 3/10</b>	<i>Aim: 10</i> <i>Actual:</i>

# JUL

*Aim: keep building up the volume*

	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly score
<b>WK 1</b>	<p><i>This month is all about building the distance and adding a few more skills sessions in there!</i></p>		40-minute pedal after school - light <b>SCORE: 3/10</b>		Misc. physical activity <b>SCORE: 3/10</b> 			<i>Aim: 12</i> <i>Actual:</i>
<b>WK 2</b>		Skills Session: Slalom <b>SCORE: 4/10</b> 	Misc. physical activity <b>SCORE: 3/10</b> 				<div style="border: 1px solid black; padding: 5px;"> <p><i>Duration challenge: See if you can ride 2 h without stopping and take at least 3 sips of your drink on your ride!</i></p> <p><b>SCORE: 4/10</b></p> </div>	<i>Aim: 14</i> <i>Actual:</i>
<b>WK 3</b>	<p><i>Recovery week! Try and get an extra half hour of sleep 3 nights this week!</i></p>			Skills Session: Drink bottle pick-up <b>SCORE: 4/10</b> 				<i>Aim: 8</i> <i>Actual:</i>
<b>WK 4</b>		Exercise session with a friend after school <b>SCORE: 1/10</b>				Misc. physical activity <b>SCORE: 3/10</b> 	60 mins bike ride: Try and beat your best distance by 3km! <b>SCORE: 8/10</b>	<i>Aim: 12</i> <i>Actual:</i>
<b>WK 5</b>	Skills Session: Drink bottle pick-up <b>SCORE: 3/10</b> 		Skills Session: Slalom <b>SCORE: 4/10</b> 	Misc. physical activity <b>SCORE: 3/10</b> 			90 mins pedal with Mum or Dad or a family member <b>SCORE: 4/10</b>	<i>Aim: 14</i> <i>Actual:</i>

# AUG

*Aim: getting faster = more distance*

	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly score	
WK 1		★ Skills Session: Go slow <b>SCORE: 4/10</b>	20-minute pedal after school - light <b>SCORE: 3/10</b>		Misc. physical activity <b>SCORE: 3/10</b> 			<i>Aim: 16</i> <i>Actual:</i>	
WK 2	<i>Recovery week!</i> <i>Try and get an</i> <i>extra half hour</i> <i>of sleep 3 nights</i> <i>this week!</i>		30-minute pedal after school - light <b>SCORE: 3/10</b>		30-minute pedal after school - light <b>SCORE: 3/10</b>	30-minute walk - light <b>SCORE: 2/10</b>		<i>Aim: 8</i> <i>Actual:</i>	
WK 3	90 mins pedal ★ with Mum or Dad or a family member - adding a few hills in this week! <b>SCORE: 6/10</b>	★ Skills Session -you'll need a partner for this one! <b>SCORE: 4/10</b>		Misc. physical activity <b>SCORE: 3/10</b> 					<i>Aim: 13</i> <i>Actual:</i>
WK 4			40-minute pedal after school - light <b>SCORE: 3/10</b>	★ Skills Session: U-Turns <b>SCORE: 4/10</b>				<div style="border: 2px solid blue; padding: 5px; width: fit-content;"> <i>Monthly challenge!</i>  <i>See how far you</i>  <i>can ride in 2h!</i>  <i>Write it down here!</i>  <b>DISTANCE COVERED:</b>            _____ km         </div>	<i>Aim: 14</i> <i>Actual:</i>
WK 5		★ Skills Session -you'll need a partner for this one! <b>SCORE: 4/10</b>	Misc. physical activity <b>SCORE: 3/10</b> 	<i>Ride with a friend - practice riding</i> <i>close to one another (side by side) -</i> <i>one in front of the other, and then</i> <i>swapping again. 60 mins total</i> <b>SCORE: 7/10</b>		20-minute pedal after school - light <b>SCORE: 3/10</b>		<i>Aim: 17</i> <i>Actual:</i>	

# SEP

*Aim: building up to 4 sessions a week*

	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly score
WK 1	<p><i>Recovery week! Try and get an extra half hour of sleep 3 nights this week!</i></p>		<p>40-minute pedal after school - moderate <b>SCORE: 5/10</b></p>		<p>Misc. physical activity <b>SCORE: 3/10</b></p> 		<p><i>Time to plan next week and when you will exercise and check the weather!</i></p>	<p><i>Aim: 8</i></p> <p><i>Actual:</i></p>
WK 2	<p>Endurance session: focus on riding non-stop for 2h <b>SCORE: 8/10</b></p> <p><i>Flat ride - along bike paths or down near a beach is a good spot for this</i></p>	<p>Skills Session: Getting used to your gears <b>SCORE: 4/10</b></p> 				<p>Misc. physical activity <b>SCORE: 3/10</b></p> 		<p><i>Aim: 15</i></p> <p><i>Actual:</i></p>
WK 3			<p>Exercise session with a friend after school <b>SCORE: 1/10</b></p>	<p>Skills Session - you'll need a partner for this one! <b>SCORE: 4/10</b></p> 	<p>Exercise session with a friend after school <b>SCORE: 1/10</b></p>		<p>Endurance session: focus on riding non-stop for 2h <b>SCORE: 8/10</b></p>	<p><i>Aim: 14</i></p> <p><i>Actual:</i></p>
WK 4		<p>Skills Session: Getting used to your gears <b>SCORE: 4/10</b></p> 	<p>60-minute pedal after school - moderate <b>SCORE: 6/10</b></p>		<p>Skills Session - pick any session <b>SCORE: 4/10</b></p> 	<p>40-minute pedal after school - moderate <b>SCORE: 5/10</b></p>		<p><i>Aim: 19</i></p> <p><i>Actual:</i></p>
WK 5	<p><i>Recovery week! Try and get an extra half hour of sleep 3 nights this week!</i></p>		<p>30-minute pedal after school - light <b>SCORE: 3/10</b></p>		<p>30-minute pedal after school - light <b>SCORE: 3/10</b></p>	<p>30-minute walk - light <b>SCORE: 2/10</b></p>		<p><i>Aim: 8</i></p> <p><i>Actual:</i></p>

# OCT

## Aim: consistency is key!

	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly score
WK 1	Longer ride: Aim for 2-3 h without stopping - moderate effort <b>SCORE: 8/10</b> <i>Try and find a route with a few rolling hills in it. Mum and Dad or a friend/sibling can come along for this one!</i>		40-minute pedal after school - moderate <b>SCORE: 5/10</b>		40-minute pedal after school - light <b>SCORE: 4/10</b>		<i>Time to plan next week and when you will exercise</i>	<i>Aim: 17</i> <i>Actual:</i>
WK 2		★ Skills Session - you'll need a partner for this one! <b>SCORE: 4/10</b>	40-minute pedal after school - light <b>SCORE: 4/10</b>	Misc. physical activity <b>SCORE: 3/10</b> 		★ Skills Session: Drink bottle pick-up <b>SCORE: 4/10</b>	Misc. physical activity <b>SCORE: 3/10</b> 	<i>Aim: 18</i> <i>Actual:</i>
WK 3			40-minute pedal after school - moderate <b>SCORE: 5/10</b>	★ Skills Session: Drink bottle pick-up <b>SCORE: 4/10</b>			Longer ride: Aim for 2-3 h without stopping - moderate effort <b>SCORE: 8/10</b>	<i>Aim: 17</i> <i>Actual:</i>
WK 4	<i>Recovery week! Try and get an extra half hour of sleep 3 nights this week!</i>	30-minute walk - light <b>SCORE: 2/10</b>	30-minute pedal after school - light <b>SCORE: 3/10</b>			30-minute pedal after school - light <b>SCORE: 3/10</b>		<i>Aim: 8</i> <i>Actual:</i>
WK 5	Misc. physical activity <b>SCORE: 3/10</b> 		40-minute pedal after school - moderate <b>SCORE: 5/10</b>	★ Skills Session: Slalom <b>SCORE: 4/10</b>	40-minute pedal after school - light <b>SCORE: 4/10</b>			<i>Aim: 16</i> <i>Actual:</i>

# NOV

*Aim: almost there!*

	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly score
WK 1		60-minute pedal after school - hilly <b>SCORE: 7/10</b>	60-minute pedal after school - light <b>SCORE: 5/10</b>		Misc. physical activity <b>SCORE: 3/10</b> 			<i>Aim: 19</i> <i>Actual:</i>
WK 2	3-4h bike ride with Mum or Dad or a friend <b>SCORE: 9/10</b>	30-minute run/walk - moderate <b>SCORE: 4/10</b>		★ Skills Session - you choose! <b>SCORE: 4/10</b>		★ Skills Session: Go slow <b>SCORE: 4/10</b>	<i>Book your bike in for a service this weekend, giving yourself plenty of time before the event</i>	<i>Aim: 21</i> <i>Actual:</i>
WK 3	<i>Recovery week! Try and get an extra half hour of sleep 3 nights this week!</i>	30-minute walk - light <b>SCORE: 2/10</b>		30-minute pedal after school - light <b>SCORE: 3/10</b>	30-minute pedal after school - light <b>SCORE: 3/10</b>			<i>Aim: 8</i> <i>Actual:</i>
WK 4	<i>6 sleeps to go!</i>	★ Skills Session - you choose! <b>SCORE: 4/10</b>	★ Skills Session - you choose! <b>SCORE: 4/10</b>	Misc. physical activity <b>SCORE: 3/10</b> 	<i>2 sleeps!</i> <i>Time to pack your bag - make sure you have checked the weather forecast for the week ahead and have packed clothing for all occasions!</i>		<i>GVBR Day!! Time to have some fun and enjoy the next 9 days!</i>	<i>Aim: 11</i> <i>Actual:</i>

  
ACTIVITY

SKILL

SESSIONS

TIME



# SESSION #1: DRINK BOTTLE PICK UP

## Equipment/set-up:

- ~ 2 - 3 sports drink bottles (bidons)
- ~ Driveway or quiet street/concreted area
- ~ Chairs or box (beginners)

## The aim

Set up the water bottles on the ground in a line (evenly spaced out - 2-3m apart - can place on a block/box/chair to start). The aim is to practice picking up the drink bottles, alternating with your left and right hand.

## Too hard?

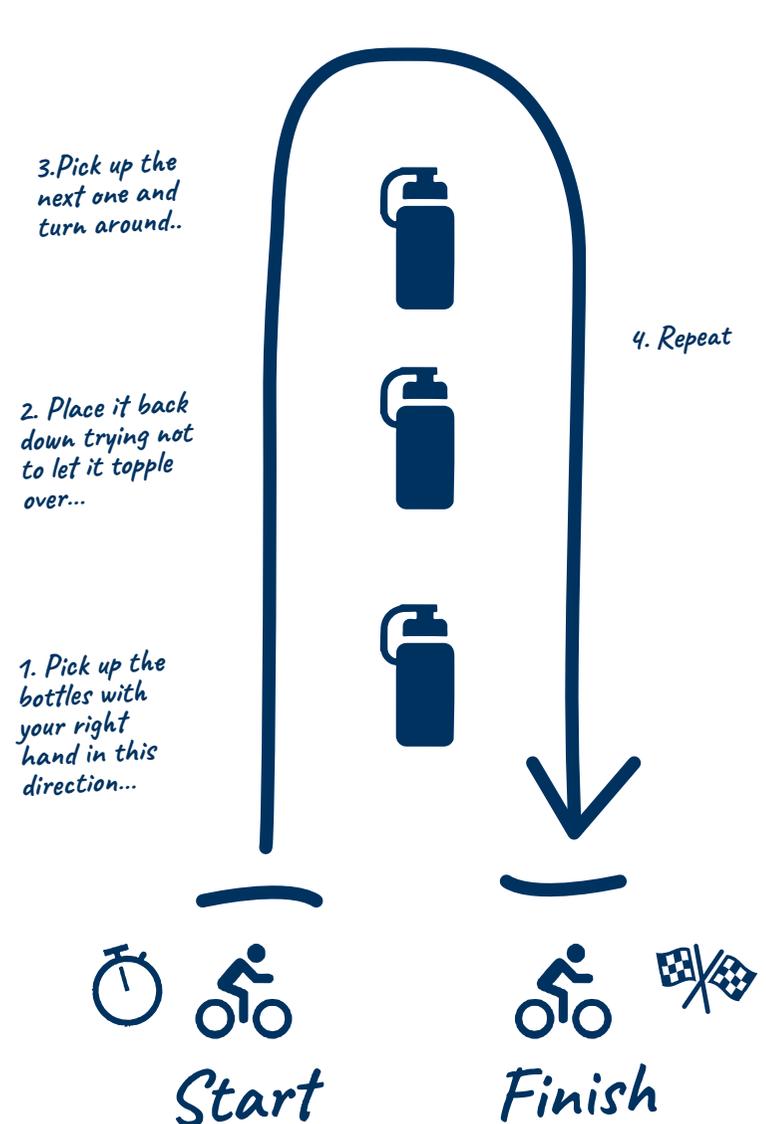
To make this session easier you can:

- ~ Place the bottles on a chair or block so that they aren't as low to the ground - making them easier to grab hold of.

## Too easy?

To make this session harder you can:

- ~ Reduce the distance between the bottles
- ~ Weave in and out of the bottles (or set up some cones)
- ~ Increase the numbers of bottles to pick up
- ~ Time yourself and see how fast you can complete it in!



# SESSION #2: SLALOM

## Equipment/set-up:

- ~ Cones or objects you can use as markers
- ~ Driveway or quiet street/concreted area

## The aim

This session is designed to help prep you for cornering and changing direction. The aim is to practice weaving in and out of the cones, steering, pedaling and coasting through.

## Too hard?

Make the space between the cones bigger to give you more room for turning.

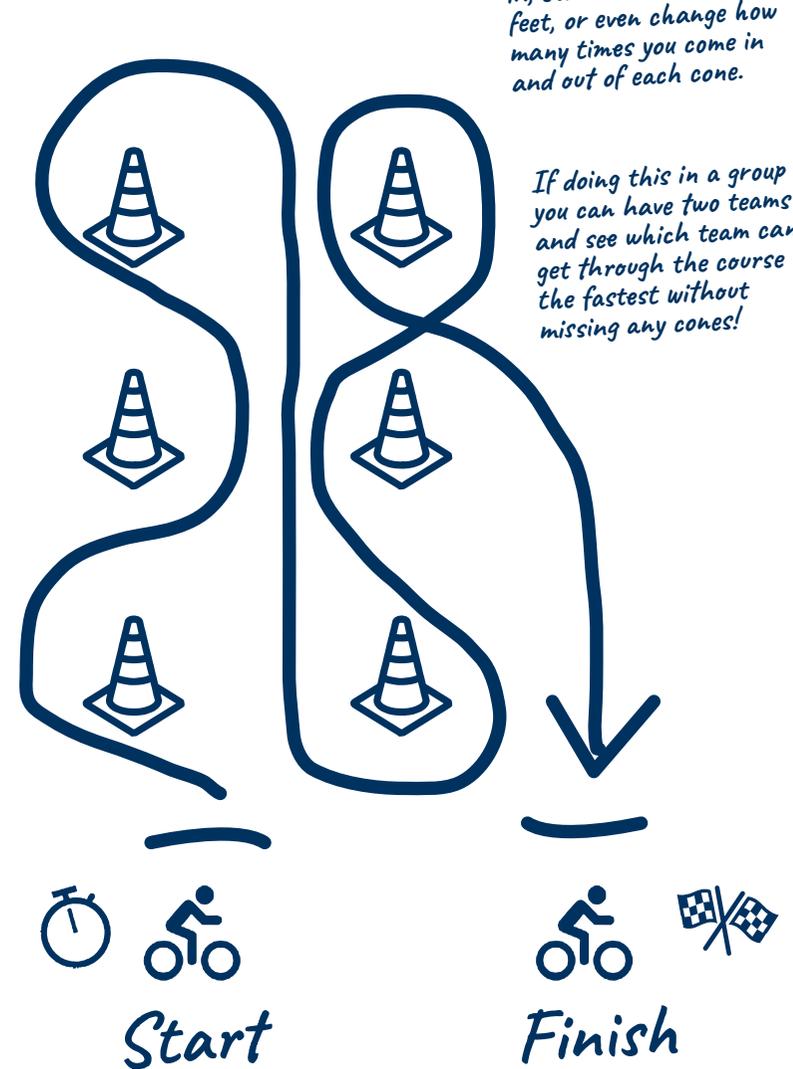
## Too easy?

To make this session harder you can:

- ~ Reduce the distance between the cones
- ~ Practice riding one handed
- ~ Time yourself

*You can mix and match the direction you head in, start with alternate feet, or even change how many times you come in and out of each cone.*

*If doing this in a group you can have two teams and see which team can get through the course the fastest without missing any cones!*



# SESSION #2:

## GO SLOW

### Equipment/set-up:

- ~ Cones or objects you can use as markers
- ~ Square area (basketball or tennis court is great, otherwise anywhere you can make a square (grass is fine!))

### The aim

This session helps with balance and bike control. With the aim of making it from one end of the square to the other in the slowest amount of time possible. You can time how long you are able to stay in the square without putting your foot down. Aim to beat your time each go. Try and go as slow as possible.

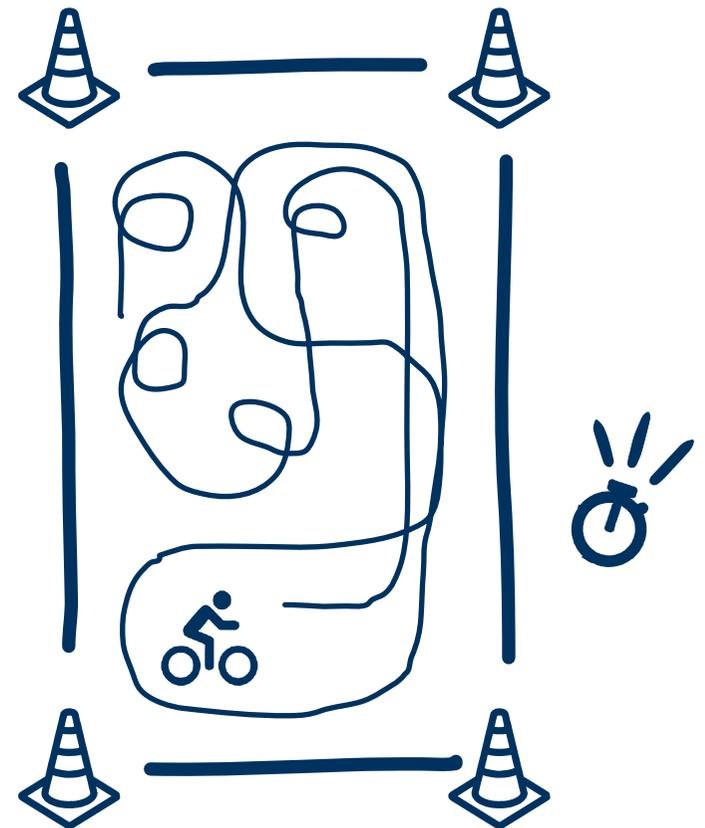
### Too hard?

Make the distance in the square or between the cones bigger.

### Too easy?

To make this session harder you can:

- ~ Reduce the distance between the cones
- ~ Practice riding one handed
- ~ Do this in a group where there are more people in the square and one person blows a whistle. When the whistle blows you must try and stop without putting your foot down (track stand) - only if you are brave enough!



# SESSION #4: PARTNER UP

## Equipment/set-up:

- ~ Just a partner
- ~ Quiet street or open space (grassy oval is a good place to start - but not always the easiest to ride on...)

## The aim

Practice riding in a straight line with your hand on each other's shoulders. Simple in concept but a great session to help you become confident riding next to another person, being close.

## Too hard?

You can try and just touch their shoulder with your arm (so the distance between each other isn't too small)

## Too easy?

To make this session harder you can:

- ~ Place your arms around each other (like you are putting your arm around someone)
- ~ Place your hand on their handlebar
- ~ Practice veering right and left and up and down hill (make sure you are confident before you try this one!)



*The rider on the left puts their right arm out onto the left shoulder of their partner, and then the rider on the right places their left arm on their partner's right shoulder.*

*Once you have practiced on one side, swap sides and try the other hand!*

# SESSION #5:

## U-TURNS

### Equipment/set-up:

- ~ Cone or object to ride around
- ~ Quiet street or open space (grassy oval is a good place to start - but not always the easiest to ride on...)

### The aim

To take off as fast as you can and carry as much speed through the U-turn as possible, navigating a closed turning circle.

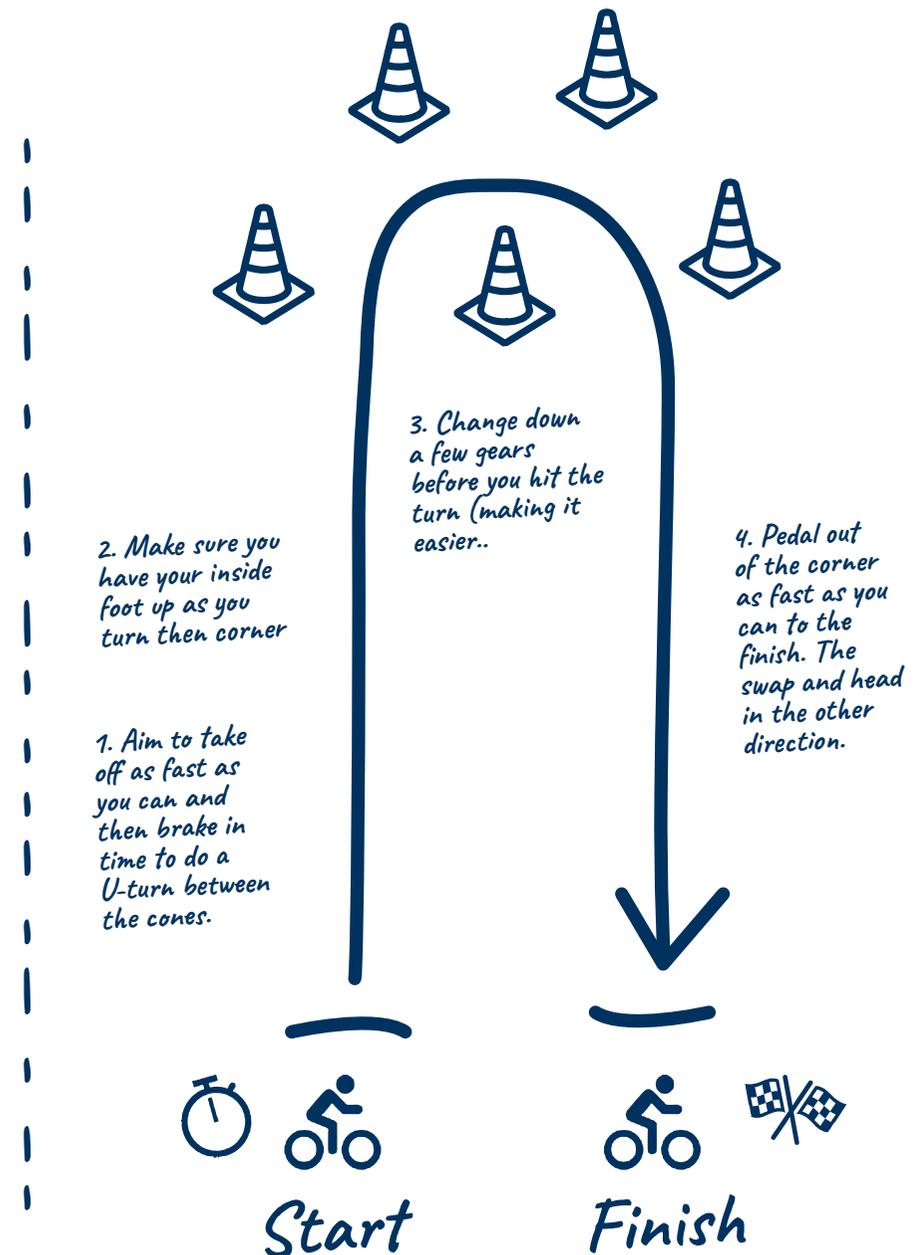
### Too hard?

Make the turning circle at the end larger or get rid of the outside cones altogether.

### Too easy?

To make this session harder you can:

- ~ Set up a few u-turns in a row so you can practice at both ends
- ~ Time yourself to see how fast you can go from start to finish (including the turn)



# SESSION #6: U-TURNS

## Equipment/set-up:

- ~ Cone or object to mark distances on the ground
- ~ Quiet street or open space (grassy oval is a good place to start - but not always the easiest to ride on...

## The aim

To practice riding in and out of the saddle and changing gears to avoid rolling backwards when you get out of the saddle.

## Too easy?

To make this session harder you can:

- ~ Weave in and out of the cones
- ~ Set it up as a Figure 8
- ~ Just have some fun with it. Find a hilly road to practice on, or a grassy hill.
- ~ The idea is that you just get used to how the bike feels when you are in and out of the saddle. Then when it comes to riding on the road you will be used to it 😊

