

NORTH COAST ENDURANCE COACHING ROAD BIKE SKILLS CLINIC SAMPLE SCHEDULE



<u>DAY</u>	<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
SATURDAY	7-8 AM	ARRIVAL	CABIIN
	8-8:30 AM	BIKE PREPARATION	CABIN
	8:30 - 8:45AM	DYNAMIC WARMUP	CABIN
	8:45 - 10 AM	PACK SKILLS	CLOSED COURSE
	10-12 PM	CLIMBING & DESCENDING	ROAD
	12-1 PM	LUNCH	CABIN
	1 - 2 PM	CORNERING & SPRINTING	CLOSED COURSE
	2 - 2:30	TIME TRIALING	ROAD
	2:30 - 3 PM	TYPES OF RACES & STRATEGY	BASE CAMP
	3 - 4 PM	DRILLS AND TRAINING TYPES	BASE CAMP
	4 - 5 PM	TRAINING RACE	CLOSED COURSE

* TIMES AND ACTIVITIES MAY VARY DEPENDING ON CONDITIONS AND ACCOMODATIONS