

# SportsLab

Fitness Testing & Performance

Programme of events.

## Morning

Braking, Cornering and Group riding – presentation

What we should consider when riding as a group. – presentation

Cornering practical session (in groups)

Group riding practical session

## Lunch

## Afternoon

Judging an effort – practical  
Or

Improve bike transitions - practical

Efficient riding technique with practical demonstration on turbo trainer - presentation

Training techniques for faster riding - presentation

How do we improve our fitness and what can a fitness test tell us – presentation

Where to go next – Discussion

Question and Answers

Contact Details  
Adam Hardy  
adam@sports-lab.co.uk  
07866 748721

## CYCLE COACHING DAY – Saturday 25<sup>th</sup> February

Are you thinking of racing next year or taking part in your first sportive, maybe you have raced for a few years but never felt comfortable racing in a group and want to work on your skills.

If so come to a mix of practical sessions on a closed road and theory sessions and learn from an experienced team, with over 20 years' competing at the highest level.

**Want to learn how to ride faster, develop your cycling skills and technique?**

Cycle Coaching Day

Driffield Showground  
9.30am – 4.30pm

Saturday 25<sup>th</sup> February

Lunch & Drink included in price.



**Don't Miss Out – Limited Places - Book Today**

## The Venue

Has a closed road with a safe flat road surface  
Toilets and changing area  
Food and Drink available  
Easy parking



**FREE LUNCH**  
Buffet Lunch  
and Drinks  
Provided



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## From the A164 (Beverley)

Follow the A164 north towards Driffield. On approaching Driffield you will meet a roundabout, take the first left to continue on the A164 for 300 meters. The entrance to the showground is on your right.

## From A614 Eastbound

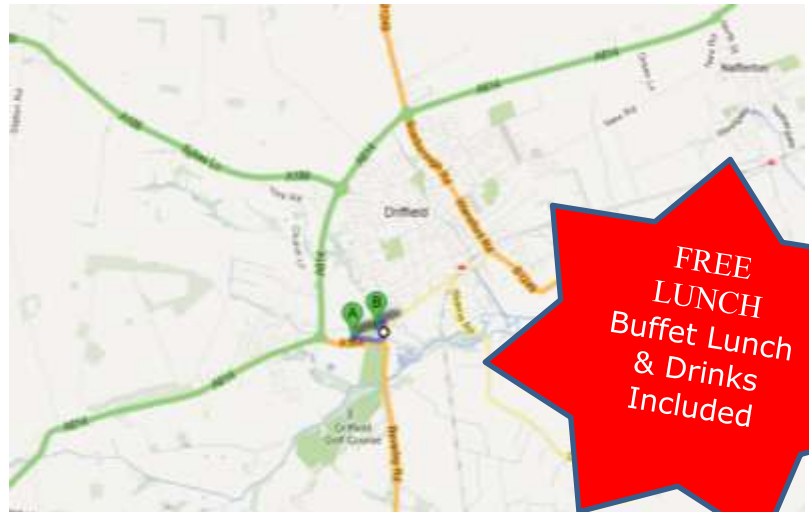
From Bainton roundabout continue towards Driffield until you meet Kellythorpe roundabout take your third exit onto the A164 and continue for 300 meters. The entrance to the showground is on your left.

Post Code: YO25 9DN

Cycling Training Day Saturday 25<sup>th</sup> February 2012

Driffield Showground

The entrance is marked with an A on the map below



## Cycle Training Day

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Age \_\_\_\_\_

Address: \_\_\_\_\_

Special Diet (Vegetarian etc.): \_\_\_\_\_

Book before January 31st 2012      £38.00 per person     

Book after January 31<sup>st</sup> 2012      £45.00 per person     

Under 18's receive a £5 discount on all prices     

Please send a cheque (payable to A.Hardy) together with your name, address and email to:

17 Wesley Close, South Cave, East Yorkshire, HU15 2EJ

Alternatively, you can pay by **PayPal**

Just login and send payment to [adam@sports-lab.co.uk](mailto:adam@sports-lab.co.uk) and details will be e-mailed to you.



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**When you book a place you will be sent a full programme of the day's events.**

**What you will need to take part on the day:**

- Road bike
- Helmet
- Cycling Shoes
- Trainers
- Warm Cycling Clothing



Non cycling participants/observers welcome (charged at half price)

**The Venue**

- Has a closed road with a safe flat road surface
- Toilets and changing area
- Food and Drink available
- Easy parking

**The Coach and Helpers**

Practical sessions will take place during the course of the day and you will be coached on an individual and group basis by a team of coaches and helpers giving individualised feedback and support. You may be placed into small groups to work on specific techniques but your individual requirements will form an integral part of the programme.

**The Showground plan is shown below**

