

## PIHC ADVANCED CYCLING COURSE 2010

Do you wish to improve your cycling skills?  
Ever consider furthering your abilities in hill climbs,  
drafting, endurance and agility on the bike  
Wish to learn how the elites train for performance?



- Pre and post health assessments
- 10 Week program (2-3 sessions per week)
- Cross training methods
- Performance enhancement techniques
- Clinical assistance



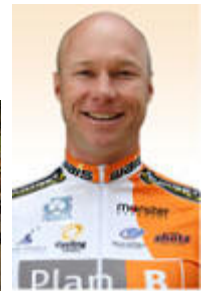
### PRACTICAL SESSIONS

- Advanced techniques of cycling
- Preparing for competitions
- Interval, group, hill climb and time trial training for cycling
- Endurance techniques both physical and mental

### THEORY SESSIONS

*Conducted by tertiary trained health professionals*

- Nutrition for elite athletes
- Injury prevention and stretching techniques
- Feet biomechanics
- Performance enhancement



Facilitated by:

**Neil Manning 2008 National Masters Champion, WA  
State Road Champion, International Elite cyclist.**

**Cost: \$580 per person**

**Week commencing Monday 3<sup>rd</sup> May 2010**

To register or for more information, please contact  
Director Sportif: Ian Wee on 9240 5266 or  
[ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)

Refer: [www.pihc.com.au/cycling](http://www.pihc.com.au/cycling)

\*Basic inclusion criteria apply