

Welcome to Week 1 of Clancy Briggs LIVE!

Take a look at our timetable below and then book as many classes as you like.

Simply email team@clancybriggs.co.uk to reserve your place(s) and we'll be in touch with all the details you need to join us via Zoom.

Saturday 7th November

09.00 - 09.30 **Balance Q&A**

Recommended for BALANCE Members, 18 months +

This session is a chance for all those learning to ride their bikes (and their parents) to ask questions and get some tips from our coaches on what they can continue doing to ensure progression over the lockdown period. We'll also have some fun games to encourage interaction with others.

09.45 - 10.15 **Early Pedal +**

Recommended for LEARN & PEDAL Members, Ages 3 - 6

This is an exercise class for our younger pedallers to strengthen the muscles needed for cycling and work on key skills like balance in and off the bike environment.

10.30 - 11.00 **Race Class**

Recommended for RACE Members

In this session we'll set riders training ideas for the week ahead, review the previous weeks riding and answer any questions riders may have about racing. We'll also discuss race tips & tactics and topics like nutrition/stretching.

11.15 - 11.45 **Pedal +**

Recommended for LEARN & PEDAL Members, Ages 7+

This is an exercise class for our older pedallers to strengthen all the muscles needed for cycling and work on key skills like balance & coordination in an off the bike environment – it will be a bit more intense and developed than the earlier class.

Sunday 8th November

Ed Clancy OBE Q&A

16.00 - 16.30 **Recommended Ages 4 - 8**

17.00 - 17.45 **Recommended Ages 9+**

These Q&A sessions with triple Olympic champ and founder Ed Clancy are a fantastic chance to get some tips from the top and ask any questions either you or your child would like.

Monday 9th November

16.45- 17.15 **Skills Challenge**

Recommended for PEDAL & RACE Members, Ages 6 - 16

This is our skills challenge, each week the riders can challenge each other to complete a cycling related skill that they'll need to demonstrate to the group, either on the night or by video over the next week. It's a good chance to win some prizes or challenge our coaches, do you reckon you can out skill them!??

Wednesday 11th November

16.00 - 16.30 **Mid Week Maintenance**

Recommended for PEDAL & RACE Members, Age 6+

This is a chance to learn a key maintenance skill, each week we'll cover a new basic skill that our coaches think everyone needs to learn. It's also a chance to join in our wheel change challenge!

16.45 - 17.45 **Zwift / Turbo Night**

Recommended for age 10+

For those of you with access to a turbo or set of rollers this is our training session. If you've got Zwift jump online and ride virtually with our coaches and even take them on in a workout! If not, don't worry, we'll also be live on zoom.

Saturday 14th November

09.00 - 09.30 Balance Q&A

Recommended for BALANCE Members, 18 months +

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09.45 - 10.15 Early Pedal +

Recommended for LEARN & PEDAL Members, Ages 3 - 6

This is an exercise class for our younger pedallers to strengthen the muscles needed for cycling and work on key skills like balance in and off the bike environment.

10.30 - 11.00 Race Class

Recommended for RACE Members

In this session we'll set riders training ideas for the week ahead, review the previous weeks riding and answer any questions riders may have about racing. We'll also discuss race tips & tactics and topics like nutrition/stretching.

11.15 - 11.45 Pedal +

Recommended for LEARN & PEDAL Members, Ages 7+

This is an exercise class for our older pedallers to strengthen all the muscles needed for cycling and work on key skills like balance & coordination in an off the bike environment – it will be a bit more intense and developed than the earlier class.

Sunday 15th November

Ed Clancy OBE Q&A

16.00 - 16.30 **Recommended Ages 4 - 8**

17.00 - 17.45 **Recommended Ages 9+**

These Q&A sessions with triple Olympic champ and founder Ed Clancy are a fantastic chance to get some tips from the top and ask any questions either you or your child would like.