

## Welcome to Week 2 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](mailto: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.

## Monday 16th 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 18th 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!

**17.00 - 18.00** 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 21st November

### 09.00 - 09.30 Race Class

#### **Recommended for RACE Members**

Including a nutrition talk from a guest speaker. We'll cover basic nutrition principles, how to fuel for a race day, how to maximise your recovery & how to stay healthy. It's not all about how many miles you ride, what you do off the bike is key!

### 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 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.