

Welcome to Week 3 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.

Monday 23rd November

17.00 - 17.30 Skills Challenge with Ed Clancy OBE

Recommended for PEDAL & RACE Members, Ages 6 - 16

This is a very special skills challenge session led by Ed Clancy OBE. 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 25th 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 28th November

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 Special RACE Class with Ed Clancy OBE

Recommended for RACE Members

Ed will be providing our RACE members with his pre-race insights, including how to manage the race day routine, warming up effectively, nerves and the psychology associated with racing. This is a session not to be missed!

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 29th 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.