

## Welcome to Clancy Briggs LIVE 2021 - Week 3 Timetable

Take a look at our timetable below and then book your classes for 25th - 31st January 2021.

For your usual monthly fee, you can attend as many 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.

## Book a 1-2-1 Session with Our Coaches

Included in your usual monthly fee is the chance to have a 1-2-1 coaching session via Zoom. Both Parents & Kids welcome to attend to get answers to specific questions. Get in touch to book a day and time.

# Youth & Junior Development Programme

Launching as a brand new programme in 2021, our CB LIVE Youth & Junior Development Programme is open to ALL 10-18 year olds Nationwide!

If you are already a Clancy Briggs Academy Member, this programme is included as part of your membership when your physical venue is unavailable due to Coronavirus closures, or if you are unable to travel to your venue because of tier restrictions.

If you are not a Clancy Briggs Academy Rider, you can subscribe to this programme which provides 2 classes every week for £30 per month - email [team@clancybriggs.co.uk](mailto:team@clancybriggs.co.uk) to find out more.

Here are the details for this week's Youth & Junior Development Programme Sessions:

## Monday 25th January

**19.00 - 19.30 Education Session**

**Recommended for ages 10-18. NEW SUBSCRIBERS welcome**

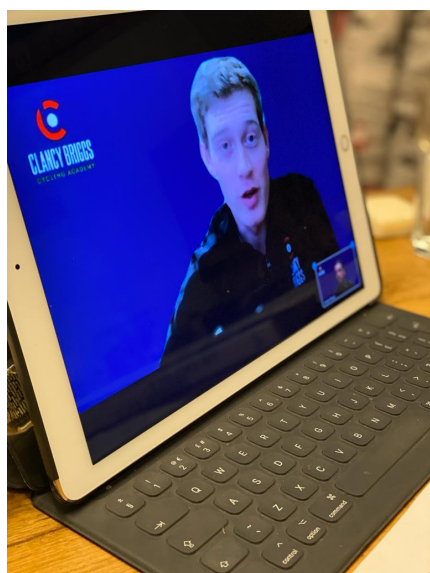
This week we're covering training ideas and how riders can record, plan and adjust their own training effectively. We'll be distributing a weekly training diary that riders can use to record their own riding and in groups. We'll also be challenging you to plan a week of riding ahead of a target race to try and demonstrate how training can be adapted to suit different racing goals.

## Tuesday 26th January

**18.00 - 19.00 Turbo Training Session**

**Recommended for ages 10-18. NEW SUBSCRIBERS welcome**

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.



Here are the details for the other CB LIVE Classes for this week:

## Thursday 28th January

**18.00 - 18.30**      **Introducing the CB February Challenge!**

**Recommended for PARENTS & KIDS, All Ages Welcome**

We'll be setting three separate age specific challenges for the month of February. The challenges will be all about encouraging activity & fun on bikes. There will be prizes for the overall challenge champions!

## Saturday 30th January

**09.00 - 09.30**      **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 an off the bike environment. This week we'll also be running a Clancy Briggs Treasure Hunt!

**09.45 - 10.15**      **PEDAL +**

**Recommended for LEARN & PEDAL Members, Ages 7+**

This is an exercise class for our older pedallers, to strengthen the muscles needed for cycling and work on key skills like balance & coordination in an off the bike environment - it will be a little bit more intense and developed than the earlier class. This week we'll also be running a Clancy Briggs Treasure Hunt!