



Presents



CB LIVE



Youth & Junior Development Programme

Timetable for 29 & 30 March 2021

Monday 29th March

19.00 - 19.30 Post-Race Routines

Recommended for ages 10-18. NEW SUBSCRIBERS welcome

We'll discuss what to focus on post-race & how to create good habits to help you recover, adapt & develop into better athletes.

Tuesday 30th March

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 Teams.



Interested in joining us?

Our new online Virtual Cycling Academy provides a mentoring & education based programme, open to all 10-18 year olds across the UK.

Clancy Briggs Live's Youth & Junior Development Programme makes the most of our Ex-Pro coaches racing expertise. Subscribers receive 2 online classes per week covering a range of subjects that will be invaluable in supporting their racing.

Accessibility is at the core of Clancy Briggs Live, rather than selecting by ability or geographical location, we are committed to putting our knowledge in reach of as many young riders as possible and creating an opportunity for all.

Price: £30 per month + £25 one-off joining fee

Joining instructions will be sent after booking

Contact: team@clancybriggs.co.uk for further details