

TAKE YOUR
RIDING TO
THE NEXT
LEVEL



CADENCE

BRITISH CYCLING | LICENSED COACH

TRAINING FOR RESULTS

HOW TO STOP 'JUST' RIDING
YOUR BIKE AND START TRAINING
EFFECTIVELY FOR RACING

A seminar with Cadence Performance coaches
Huw Williams & Ciaran O'Grady

Whether you're considering entering your first road race and wondering where to start in terms of training and preparation, or have already raced and want to improve – this talk is for you.



We outline the differences between riding your bike and effective training, revealing all you need to know in preparation for your event and how you can maximize performance on the day.



Wednesday
August 17th 8,00pm **£10**
Cadence Performance
2A Anerley Hill, London SE19 2AA

THE SEMINAR COVERS:

What to train - in order to improve performance on the bike

● Strength ● Speed ● Power ● Endurance and more

How to train - ● Training load ● Intensity ● Recovery ● Goal setting

● Event specific training



This event
is FREE for
Cadence
Performance
Jersey
members



LIMITED SPACES, BOOK NOW ON 020 8676 8825 OR VISIT WWW.CADENCEPERFORMANCE.COM